THE TRUTH ABOUT DIETING

LEARN THE TRUTH ABOUT SOME OF THE BIGGEST SCAMS OUT THERE WHEN IT COMES TO WEIGHT LOSS

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Copyright

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Mission

This book is dedicated to the health, well-being and longevity of all, as all is one.

To achieve this, we must all open our minds to learning from nature, practitioners of functional medicine and natural healing around the world.

We are our own best doctors. Why do I believe this? Because with education and support, many of the chronic health conditions that are brought about by modern day living and lifestyles can be eliminated.

History has proven we cannot cure what ails us by blindly following the profit-driven therapies of the conventional medical establishment. Otherwise, we'd all be healthy. Sadly, the opposite is true.

Remember, the top priority for the pharmaceutical companies and their medical allies is to deliver shareholder value and profit. Pharma companies are among the most profitable business sector in the world.

Ask yourselves – what is in it for this industry to cure you? If disease is cured, then what happens to those shareholder profits?

Because of this inherent, money driven conflict, conventional medicine will never cure anything.

That's why we are committed to going above and beyond and ensuring that you have access to the information and tools you need to lose weight and gain better health, naturally.

Understanding how your body works and how to apply new and innovative natural healing methods is the backbone of what is called functional or integral medicine, and it is the key to your ability to heal from within and live the life you desire. And we're here to help.

As such, some of the royalties from the sale of this book are being used to help fund the mission of educating people about natural / functional health care and exposing corporate and government corruption.

The Magic Burn Diet program is designed to give you the information you need to not only lose unwanted weight, but to take charge of your health.

Once you've gotten into the best shape of your life using these methods, I ask you to join my mission by sharing your positive experience with friends and family, so they know there is another path to vibrant health.

The Fine Print

There's always a legal disclaimer when we discuss health and wellness, isn't there? We live in a funny world where everyone is intent on covering their butts whenever they provide information or opinions. This is especially true when it comes to the subject of health and wellness. I hate having to do this, but it is a necessity, so here goes:

The information provided in this book is for educational purposes only so that you can make better and smarter decisions about your health and wellness.

I am not a doctor, but I am sharing my story and all of the scientific and alternative information I have accessed to help you learn from my experience and make changes in your own life if this resonates with you. I am not permitted to diagnose diseases or conditions. For the diagnosis or treatment of any ailment, please consult a licensed physician or whatever medical practitioner you may prefer.

I am sharing information based on my personal experience and the opinions and conclusions included are mine and mine alone. You and others may or may not agree with them but know that I have done my best to impart information that will educate you and allow you to form your own opinion.

If you should choose to act on any of the information included in this book, please be aware that you do so at your own risk. And that any results may be relative to your own state of fitness and health (physical, mental and emotional) and the awareness, care and attention with which you conduct yourself while participating in the activities or suggestions.

Phew! That wasn't so bad, right?

Ok, so now let's dive in and start learning!

Introduction

Welcome to The Magic Burn Diet. You've made a very smart choice in choosing this program, and you're one step closer to achieving your goals of looking better, and most importantly, feeling great!

If you're like me, you might be feeling a combination of excitement and skepticism right now. You've probably been down this road before trying to lose weight, hopping on and off the diet wagon, feeling starved, disappointed and angry that no matter what you seem to do you can't seem to crack the code that gets you to your perfect weight. It's a terrible feeling to try and try and get nowhere, isn't it?

If you're tired of constantly dieting and yet never seeing any results, this book is for you. The information you're about to learn will not only transform your body and your health, it will also make sure you keep it off for good.

How can I be so confident? It's because I have seen it first hand.

As you probably already know, my name is Josh Parker. I'm a 43-year-old, super busy dad, husband, business owner. While I have always valued a healthy lifestyle my wife still struggled with here weight for years.

Each of her pregnancies left her fatter than before. I love her, but she had a 'spare tire' that she just couldn't get rid of permanently. She was embarrassed at how her clothes fit, and how her energy lagged when trying to keep up with my kids. She was depressed as my fitter, slimmer friends started to wreak havoc on her confidence and her overall sense of well-being. She felt old before her time and started to hate her body and for just not being able to stick with a diet that worked.

Now, it's not that all of the diets she tried over the years didn't work...they did. It's just that as soon as the diet was over, she'd go back to my comfort foods and gain all the weight back and more.

I know you can relate, right? That's why you sought out this book and why you are looking for a long-term solution.

I am here to assure that there is a solution. After almost giving up and believing she was doomed to be fat forever, I stumbled across some research that was simply incredible and changed her life forever.

This is the same research that not only transformed her life, but the lives of thousands of women and men all around the world. And I want you to be next. So, you can experience what it's like to lose all your excess fat and get into the best shape of your life – permanently! And all while eating the foods they love and never feeling like they were deprived or starving.

I am confident that I've finally found the solution to effortless weight loss, but don't take my word for it. I'm going to share with you the science that will demonstrate that this approach is proven to work. Everything you'll learn has been independently tested by third party experts to ensure it works.

I am so excited for you to start your journey toward feeling better and losing that weight for good. I'm holding nothing back because I want you to have what I have – the body you have always dreamed of, as well as a diet that you can stick to for life.

This is a straightforward, no-nonsense book that is your practical hands-on guide to help you know exactly what you should and should not do to burn fat and restore your good health with little effort.

Here's what's in store for you:

There are 3 parts to this book. In the first part, I'll lay out some alarming statistics about obesity and how it's affecting both our personal well-being and our country overall.

I know you'll be shocked to discover just how wrong current weight loss programs really are, and why most diets will never work – even though the weight loss and medical industries want you to believe otherwise.

In Part 2, I'll reveal the true cause of weight gain. And surprise! It's not just about eating too much and not exercising enough! Truly, the real reason which has been verified through years of research and testing, is so simple to understand – and to do something about - you'll wonder why the diet industry continues to disregard it. Okay, maybe you won't, once you understand why it's so advantageous to the conventional system to keep you fat.

In Part 3, here's where we get down to practicalities of how you are going to be able to lose all the fat you want while still eating your favorite foods. You'll get a simple 3-step plan that will address the nutrients you need for the best results, how to choose the foods that will nourish you and keep you burning fat and how to create a diet and lifestyle plan that you can use for life.

And because we know the mind-body connection is so powerful, I'll show you some solid research and give you some tips on why you need to pay attention to your emotional and mental wellness so you can succeed at weight loss.

And finally, as a bonus and to ensure you have everything you need to succeed, you'll find a selection of delicious nutritionist-approved recipes you and your family can enjoy while you're on this program and beyond.

Success is within your grasp. I've done all the research and hard work to write this book so that you can benefit just like I did. I promise The Magic Burn Diet is real. It changed my wife's life, and I am confident it will change your life too. If you're ready to take action and get on the last weight loss plan you will ever need, let's get you started!

Healthfully yours,

PART 1: WEIGHT-LOSS INDUSTRY DECEPTION

Chapter 1 Obesity: A Growing Problem

It's not hard to see the many ways we are expanding our horizons in the modern world. Business, technology, international relations, and education are just a few examples that come to mind. While those are all things to be optimistic about, there is a certain expansion for which we need to be on high alert – obesity. But just how concerned should we be?

The Center for Disease Control (CDC) has reported an astonishing three-fold increase in childhood obesity rates (ages 2-19) in the U.S. over the past three decades. Maybe it's just me, but that number puts me on the edge of my seat with worry about the health and future of our children.

While there are a lot of theories as to why this is happening – more fast food with larger portions, less activity and more sedentary screen time among them – the truth is that our kids look to us as role models about what to eat and how to stay healthy. So, if we are fat, chances are our kids will be too.

And sadly, the news for adults is worse. Obesity, defined as having a Body Mass Index (BMI) of more than 30, is a worldwide problem with those in the United States topping the list as the fattest.

1/3 of Americans Are Obese

The Harvard School of Public Health says that a roughly two-thirds (69%) of U.S citizens are overweight or obese with 36% of these in the obese category. This is more than double what it was just 30 years ago and if trends continue, by the year 2030, it is estimated that half of all American men and women will be obese. [1]

Are you as shocked as I am to think about walking down the street in just a few years and seeing 50% of the population struggling with obesity?

Do Your Know Your BMI?

Click Here To Find out

To make matters more concerning, it is estimated that annual medical costs in the U.S. for people who are obese are roughly $1,500 higher than costs for those in a healthy weight range. Just think about how many hundreds of billions of dollars in extra medical costs per year that will add up to!

The Scary Complications of Being Obese

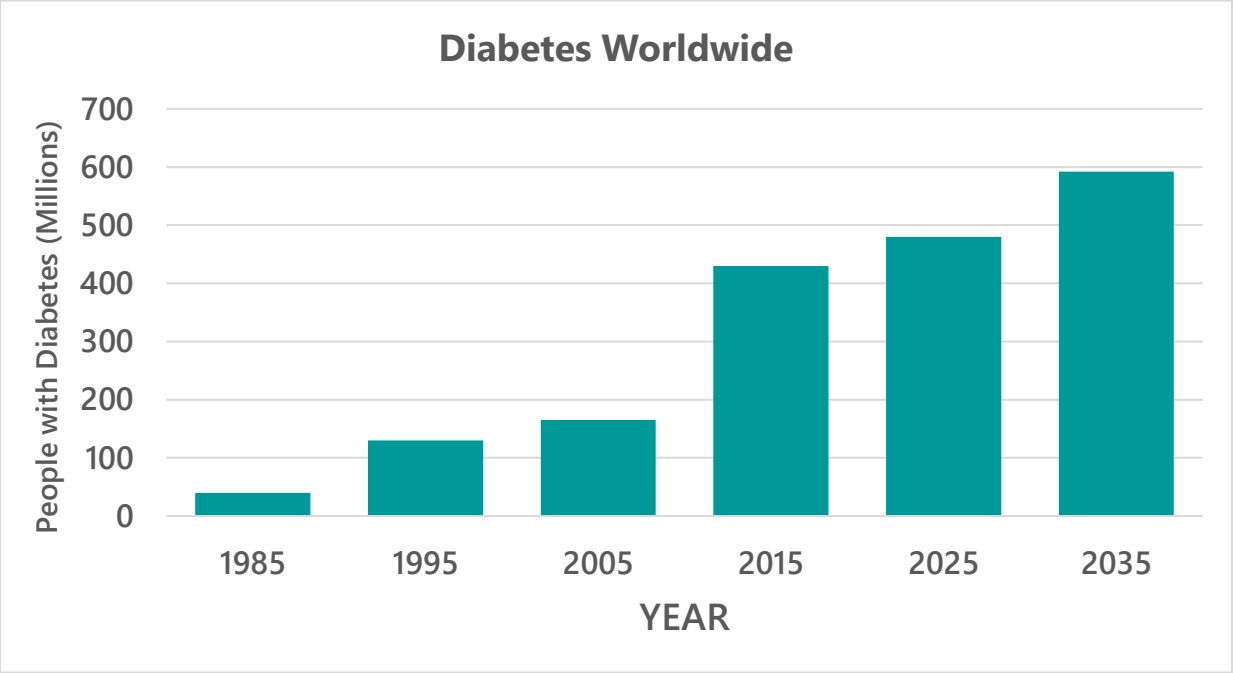
Being overweight puts you at risk of a lot of other chronic health problems. That's why it's so important you lose weight as soon as possible and find the right strategy to keep it off for good. You might feel fine now, but statistically, overweight people have many more health challenges including:

Heart Disease & Strokes

Heart disease and strokes are the leading causes of death in America. The risks of heart disease and strokes are 50% higher for adults who are obese.

Diabetes

In one of the largest studies ever done (Nurses' Health Study), the risk of developing Type 2 diabetes was 93x higher among women who were obese. And with diabetes rising every year, this should concern you.



Cancer

There is consistent evidence of an association between obesity and cancers of the esophagus, pancreas, colon, breast, and kidney to name just a few.

Depression

Epidemiological studies confirm the relationship between obesity and depression exists. In fact, research has discovered that obese people have a 55% higher risk of developing depression.

Reproduction

According to the prestigious Mayo Clinic, obesity can influence various aspects of reproduction from sexual activity to the ability to conceive and carry a healthy baby to full term. Obesity increases the risk of developing preeclampsia, a life-threatening condition for both mother and baby, gestational diabetes, experiencing early- and late-term miscarriages, and complications during labor and delivery. [2]

Lung Function & Respiratory Disease

Asthma and obstructive sleep apnea are two common respiratory diseases linked with obesity as excess weight impairs respiratory function via mechanical and metabolic pathways.

Memory & Cognitive Function

A study published in the British Medical Journal (BMJ) of over 10,000 people showed that being obese in mid-life increased the risk of developing dementia by 74%.[3] A growing body of evidence demonstrates that obesity is also connected to the development of Alzheimer's Disease.

Musculoskeletal Disorders

Excess weight places mechanical and metabolic strains on bones, muscles, and joints. Did you know that every pound of excess weight exerts four pounds of extra pressure on the knees? Obese patients account for a third of all joint replacement operations. There's also an increased risk for back pain, lower limb pain, and disability.

Other Complications

The complications from obesity are plentiful and include the development of gallstones, gout, chronic kidney disease, and non-alcoholic, fatty-liver disease to name just a few.

Mortality

There is no doubt – being fat can kill you. A global consortium of researchers looked at data from more than 10 million people spanning more than 45 years and concluded that yes, overweight and obese people have an increased risk of premature death from all causes including cardiovascular disease, cancer, and other life-threatening chronic diseases.[4]

The saddest part of all this is that obesity is easily reversible. But not in the way that the conventional diet industry or pharmaceutical and food giants would like you to believe.

Let's look at some of the myths that were keeping me fat – and probably hampering your own efforts to lose weight and get healthier too.

Dieting Myths

The diet industry (which includes all those commercial diet programs, so-called diet doctors and the big food and pharma companies) will do anything to confuse you and prevent you from achieving lasting weight loss. Afterall, it's not a very good business model for any of them to really help you succeed is it? If you get healthy and lose the weight for good – well, there goes their profits, right?

So they just keep telling you the same things over and over again.

Let's look at a few myths they exploit to stop you from seeing real results.

Calories Are All That Matter

FALSE – How many times have you rigorously starved yourself counting calories or 'points' and still were unable to lose the weight you wanted?

When we look at the complexity of the human body and the biochemical reactions that occur, it is an oversimplification to say that the body metabolizes and uses all calories the same way. The body has different hormonal responses to different macronutrients (for example proteins versus carbohydrates versus fats) and so hormones are one key player that dictate how our body handles the energy – or calories – we take in.

So, to really achieve lasting weight loss, you need to ensure your hormones are happy and balanced too. But the diet industry is not going to tell you that because many of the products they want you to use – artificial sugars, chemically-manipulated additives cause your hormones to go out of balance.

In addition, our digestive system plays a critical role in whether the calories we are taking in are actually getting probably broken down and used the way they are meant to be used. So, if your digestive system is not in balance AND you are not absorbing or metabolizing the energy you are taking in, well, you will not be able to lose the weight you want to shed.

You Need to Exercise for Hours Every Day to Lose Weight

FALSE – Have you ever heard the saying: "you can't outrun your fork"? The diet and fitness industry wants you believe something entirely different. In fact, they love to sell you intense cardio programs through late night infomercials that

make it seem like the weight will fall off, if only you really push yourself and feel the burn. What's really burning up is your hard-earned money, because while exercise is awesome to help you maintain a healthy weight and a stronger heart, changing your diet is the main factor in achieving weight loss.

Believe me - you don't need to do intense cardio all the time to lose weight. In fact, you may be doing yourself a disservice by over-stressing your body with exhaustive exercise.

Genetics Are Keeping You Fat

FALSE – Your genes are not your destiny. This is arguably the saddest excuse for being overweight. I know that may seem harsh, but there is little basis to believe that even if you diet and exercise properly, your body won't lose weight.

I'm not saying that genetics have absolutely nothing to do with your bodyweight, because it certainly does. But the idea that you have some sort of genetic abnormality that literally keeps your body fat is just not the case. If your parents were fat and your siblings are fat and you are fat, it is far more likely that your weight concerns stemmed from learned behavior.

The good news? If the behaviors and habits that caused weight gain were learned, they can be unlearned. And that's part of what we are here to do – share with you those 'unlearning' strategies that will help you shift your weight for life.

Eating Smaller, More Frequent Meals Speeds Up Your Metabolism

FALSE – Many fitness gurus and nutrition professionals believe that the best way to naturally boost your metabolism is to fuel it more frequently. There are at least two reasons why this is a flawed idea.

First, the more often you eat by adding snacks in between your meals, the higher and more sustained your insulin levels will be throughout the day. And since increased insulin levels are correlated to weight gain, this isn't something you want to do. (More on this later)

Second, snack choices are usually unhealthy. Cheese and crackers, a muffin, a handful of cookies or a glass of wine and some popcorn sometimes turns into the meal and as we'll learn later in this book, unbalanced meals and snacks like these can trigger weight gain.

We've definitely got some re-thinking to do if we want to get healthy and finally lose the weight that's been bringing us down. Before I started digging into the research that helped me really understand the true cause of my weight issues, I was totally brainwashed into thinking I just needed to cut more calories and workout harder.

But here's my advice after years of struggle and feeling guilty and disappointed in myself, despite my best effort:

Don't believe everything published by the diet industry.

They are not looking out for us because what's really in it for them? If everyone really succeeded in conquering their weight issues, these so-called diet experts, food and pharmaceutical companies would go out of business. It's in their best interest to keep us confused, by spreading misleading or false information, which keeps us fat.

Before we get to the truth, let's explore how the food and health industry conspires against us.

Chapter 2 The 'Stay Fat' Conspiracy

The Fake Search for the 'Weight Loss Cure'

Just think about this for a second...how many thousands of dollars have you spent on trying to lose weight and get fit? After all that money, what lasting results did you get? Are you in the best shape that money can buy, or are you still overweight, miserable and worried about your future health?

I know exactly how guilty you feel about throwing away all that money. I know how disappointed you are after making unattainable changes and failing. I know how mad you are about following advice from people who just want to sell you things and don't really have the answer. I felt that way for many years too.

The diet industry is massive. This includes gym memberships, diet books, diet drugs, weight loss surgeries and diet foods.

Did you know that each year, Americans spend more than $60 billion to try to lose weight? That's more than any other country.[5] And yet our rates of obesity are some of the highest in the world. How could we be spending the most money on dieting and still have the highest levels of obesity?

The answer is rather simple: *follow the money*.

How Diet Industry Cashes In

Cosmetic titan Estee Lauder famously dubbed her beauty products ‘hope in a jar’ and with this positioning, was able to sell billions of dollars of creams and make up over and over and over again. This is because people desperately want to look like movie stars and fashion models.

Every year she’d launch new products, each with more claims of achieving the attractiveness, perfection, satisfaction that women craved. And each year women bought more and more of her products that didn’t work.

Who was the biggest winner in this beauty contest? I am pretty sure it was not the customer, but Mrs. Lauder certainly made a fortune on the ‘hope in a jar’, didn't’ she?

This is the same strategy that the diet industry employs. Think about this...all of those diet books, commercial weight loss programs, quick-fix diet remedies and late-night, exercise infomercials are selling millions of dollars of products and services each and every year.

These companies employ celebrity spokespeople and influencers to help glamourize and push their products, although very few manage to actually keep their own weight off once the contract ends. Think of the ups and downs and ups of Valerie Bertinelli, Jessica Simpson, Kirstie Alley and even the great Oprah Winfrey herself, who now actually owns a part of the Weight Watchers organization.

Every year these companies get bigger and bigger, bringing in more profits and expanding their product lines because people who struggle with their weight are pushed to the brink of desperation and come with their credit cards in hand seeking the solution that is finally going to get them skinny.

So really, it’s not surprising that these conventional diet approaches don’t work. Why in the world would these companies want you to lose weight? Seriously, stay with me

here, and think about it. If you actually lost all of the weight and kept it off for good, these companies would not have repeat customers and they'd soon go out of business.

I know this industry very well. I was once desperate and searching for that program that would finally make me feel better about myself and my health. I've tried every diet I could find and every product that promised fast, easy, simple, magical weight loss.

I'm not saying none of these diet regimes work. They do. In fact, I lost a lot of weight – over and over and over again. But it wasn't fun, and it was not long lasting. And each time the weight came roaring back, I gained a little bit more and lost a little bit more confidence in myself.

I'll admit that over the years, I have seen a few very dedicated individuals lose weight and keep it off. But these folks are the exception and not the rule. In fact, studies show that only about 5% of people who lose weight the conventional way actually succeed in the long term.[6]

Again, these are the super-motivated individuals whose results are not typical, hence the disclaimer that we often see in the teeny tiny fine print of all these highly promoted miracle diets.

My point is, the diet industry has no reason to ever cure obesity for good. Doing so would put them out of business. So, it only makes sense that they continue to sell the same old products and programs.

But, let's look at the other co-conspirators...here's where it gets interesting.

What Benefits the Food Companies Most?

Since the introduction of modern food processing back in the 1950s, our food has steadily been getting worse, devoid of nutrients and packed with chemicals and calories. It's no wonder we have an obesity epidemic.

The vast majority of Americans don't cook anymore. We are rapidly becoming a culture of fast food. And while I won't disagree that the convenience of ripping open a box or jamming a frozen entrée in the microwave makes these choices super appealing to the busy mom, harried professional, or family on the run – I don't think any of us can truthfully say these solutions are anything but junk.

You just have to look at the ingredient panel to know that this food is so highly manufactured and manipulated that our bodies don't even recognize it as food anymore. Instead, our body and its many channels of elimination work its hardest to eradicate everything that's just been eaten because it's just so foreign and toxic.

What this means is that despite eating a vast amount of food and likely too many calories, your still not nourished. And because of that, you are still hungry and craving many nutrients that have been destroyed through the processing of these foods.

On top of that, the food companies add special chemicals that manipulate your taste buds and make you feel even hungrier. Investigative journalist Michael Moss has chronicled the food industry's deceptive and addictive practices and has concluded that all of this is done on purpose to sell more food and make money.[7]

And as you'll learn later in this book, the extra fat and sugar these companies add, work in combination to cause rapid fat gain by spiking certain hormones that store fat.

Plus, engineered chemicals are added that act on the brain's neural pathways in the same way as drugs do, driving addictions to packaged and processed foods and directly contributing to the obesity epidemic.

The more you eat, the bigger you get. The bigger you get, the more you eat. Everything equates to making more money and skyrocketing profits, not helping you get to your best weight.

When you add billions of dollars in advertising, how could anyone resist the siren call of all those packaged foods. I mean, you can't turn on the TV or drive down the street without seeing an advertisement for a new cheeseburger or some ultra-rich dessert. We are literally bombarded with messages to eat, eat, eat!

My dad is a perfect example. Every time I visit, he's watching the Food Network, enthralled with some celebrity chef or cooking competition that makes food seem irresistibly delicious, exciting and fun. Fast forward an hour, and he and my mom are heading to the grocery store to grab all the ingredients and more to make what they just saw on TV, even though lunch is barely over.

But who can blame them? It's hard to stay away from all that temptation, especially when it's full of those addictive, refined ingredients. Veggies and other whole foods have a hard time competing with chemically addictive, artificially flavored processed foods.

And even if you're one of the good ones who mostly avoids the lure of fast-food and/or over-the-top TV recipes and shops at the supermarket, your situation isn't much better.

Except for the outermost perimeter of the store that usually houses healthier, whole and unprocessed foods, everything up and down the inner aisles is literally junk – foods that are tweaked with chemicals for maximum "mouth feel" and "repeat appeal" (addictiveness), just as Michael Moss revealed.

Low-fat, light, lean, diet, zero, low-carb, low-cal, sugar-free, "healthy" – all marketing words created to cover up more junk.

And it's all making us fatter.

It's best to avoid as much of this toxic, highly processed food as possible. Not so you'll lose weight, but so you don't get sick. Almost all chronic diseases today – cancer, diabetes, arthritis, high blood pressure etc. - is diet related.

Remember, don't buy into the myth that obesity is all about your genes and that you are doomed to be fat forever of because of it. Nothing could be further from the truth. Disease is almost entirely related to what you put in your mouth and you have the power to change your destiny.

Having said that, there's no way any of us can resist our favorite foods all of the time. Nor should we. So, don't worry – later on in this book, I'll show you exactly how you can still eat those foods, lose weight and be the healthiest you've ever been.

We all know that consuming terrible food contributes to disease and obesity. But there's another connection that not everyone knows about, and it's another reason the food industry wants us fat.

Big Pharma Also Profits

Here's something that might shock you:

The connection between big food companies and big pharma companies are a little too close for comfort. Many of the most familiar food brands you will see in your grocery store are owned by the same parent companies that also own the big pharmaceutical or chemical companies.

There is no doubt that eating poorly is a major contributor to disease and chronic health conditions. So not only do these companies profit while you overeat their chemically manufactured junk food, they also profit from your suffering when you develop a chronic disease that requires treatment.

Wow. That's quite the vicious circle engineered to keep us fat, sick and disempowered from making choices that are better for our health and better for our families, don't you think?

But consider this – what happened the last time you went to your doctor looking for some help to lose weight or to handle one of the chronic diseases we talked about in the previous chapter that are exacerbated by obesity?

If he or she is like most doctors, they probably just wrote you yet another prescription for one of your many symptoms and sent you on your way. Why? Because promoting pharmaceuticals is the only way they know to handle your concerns. Big Pharma spends mega-millions to wine and dine them under the guise of 'continuing education' so that they sell more pills. And the upshot for pharmaceutical companies is: you stay sick and fat.

It's so frustrating, isn't it? And it gets even worse because as cynical as it sounds, the media are complicit in this as well. Why aren't they investigating and uncovering these cozy relationships and the ineffectiveness of this approach to health and weight loss?

Have you noticed the massive amounts of TV, magazine, print and radio advertising that the Big Pharma companies do? What do you think would happen to those advertising revenues if reporters started digging for the real truth? No, I don't think the Media Masters would be interested in choking that cash cow.

This is why the title of this chapter includes the word "conspiracy", because these giant corporations literally conspire to keep us from the truth about what makes and keeps us fat, and from what would make us well. The food that is manufactured needs to keep us addicted and obese so that ever more pharmaceuticals can be sold via huge investments in advertising and doctor promotions.

It's quite a brilliant scheme when you think about it, but it's a disgraceful one as well, to say the least. Don't you wonder how these companies are all allowed to keep on doing this?

Where's the Government Protection for Consumers?

Where's our government in all this, you might ask. Isn't it the role of the Food and Drug Administration (FDA) to step in and make sure food and drug companies stay honest and keep us safe and healthy?

That may have been its role some 100 years ago when it was originally formed, but today, it doesn't work anything like that. Now, well-paid and cunning lobbyists from both the pharmaceutical and food manufacturing industries ensure that they keep these industries profitable by influencing lawmakers and FDA officials so that regulations, investigations and consumer protections are kept to a minimum.

In fact, most of the top executives at the FDA have either worked for Big Pharma in the past or were parachuted into high-paying jobs in the industry right after their terms in office were completed. It's the definition of conflict of interest.

So, can you trust any of their recommendations – on food or drugs - on what's best for your health? Who is really being served?

We only have to look at the dietary guidelines that the U.S. government has put in place. You know, the dinner plate visualization they adopted just a couple of years ago to show proportions of food types to eat for a balanced diet:

This is the eighth try at coming up with the "best" dietary guidelines for the public through consultations with so called scientific and nutrition 'experts'. But instead of looking at independent real-world science, the panels are made up of representatives of the processed food and pharmaceutical industries who lobby and persuade to get their products and commodities represented in the official government recommendations.

So, whose interests are really being served? The public's or the shareholders of these mega corporations? Is it any wonder that each time the guidelines are changed, there is a sharp increase in obesity and poor health?

Listen, the cause of obesity is well known. It has been for years, yet the government's suggestions are the exact opposite. And we believe them because, well they are supposed to be looking out for our best interests, right?

But given what we've now discussed and what we know to be true – that old fashioned diet information is no longer working, that corporate America has another agenda that does not include helping you get healthy, you may ask yourself what now? The good news is that there is a better way for you to take charge of your health, lose the weight and still continue to enjoy your favorite foods and your life to its fullest – let's start listening to our bodies and taking charge of our own health.

Obesity is all about the money, and the food industry and pharmaceutical companies are making a killing off your suffering. Yo-yo dieting used to be your only option, but we both know that doesn't work. It sure didn't work for me, so I had to do the research and figure out how to help myself and now I can help you too.

In the next chapter, I'll explain the new science of fat loss and give you insights on how you can make simple changes to end your weight struggles …

All without starving yourself or working out at all!

PART 2:
THE TRUE CAUSE OF OBESITY

Chapter 3 How Your Body Stores Fat

Now that we know how the diet, food, and drug industries have conspired with the government to keep us fat, it's time to learn the truth.

You may feel like a victim right now, but as you will soon find out, the solution to obesity is pretty simple. We've just been tackling it the wrong way.

First, let's learn a little more about how our body stores fat. Understanding this is key to figuring out what to do about the problem.

Most people get fat in common places. For men, it's around the belly, and for women, it's the hips, thighs, and buttocks. But did you know this is a key indicator of hormonal imbalances?

If you have struggled to lose weight or keep it off, I guarantee that your hormones are at play. Your hormones control every aspect of weight loss including how your body burns energy or calories, where you store your fat, how your appetite is controlled, and even your cravings!

This means any form of hormonal imbalance will sabotage your efforts – regardless of your diet and exercise habits. While there are many hormones that affect weight gain, I'm going to focus all of my attention on the one that matters most...insulin.

Insulin

It's no longer a secret,why your body stores fat has been well known for many years – and that reason is insulin.

Insulin is the hormone secreted by your pancreas and responsible for balancing your blood sugar levels. When you eat processed, nutrient deprived foods, you increase your

blood glucose levels. The problem is, high blood sugar levels are dangerous to your body, so in response to this, insulin steps in to save the day. It signals your body to store this excess sugar as fat. And it does this very efficiently. It's no wonder we are having so much trouble losing weight, since almost all processed foods are designed to spike insulin levels.

So, to make this super simple, the more insulin you have, the more fat you gain.

Insulin = Fat

This is why almost all Type 2 diabetics are overweight. Because their body is resistant to insulin, so they produce much more of it to compensate.

But you don't have to be diabetic to have too much insulin. If you are overweight, I can guarantee it's because you suffer from some form of insulin resistance, sometimes known as Metabolic Syndrome or pre-diabetes.

Diabetes and obesity are two sides of the same coin.

We know that excess carbohydrates, particularly those that are highly refined and processed foods like high fructose corn syrup are a culprit in elevating insulin levels. But there's another factor, equally at play – and we need to understand that before we can overcome our metabolic imbalances and start to lose weight.

Fat/Sugar Connection

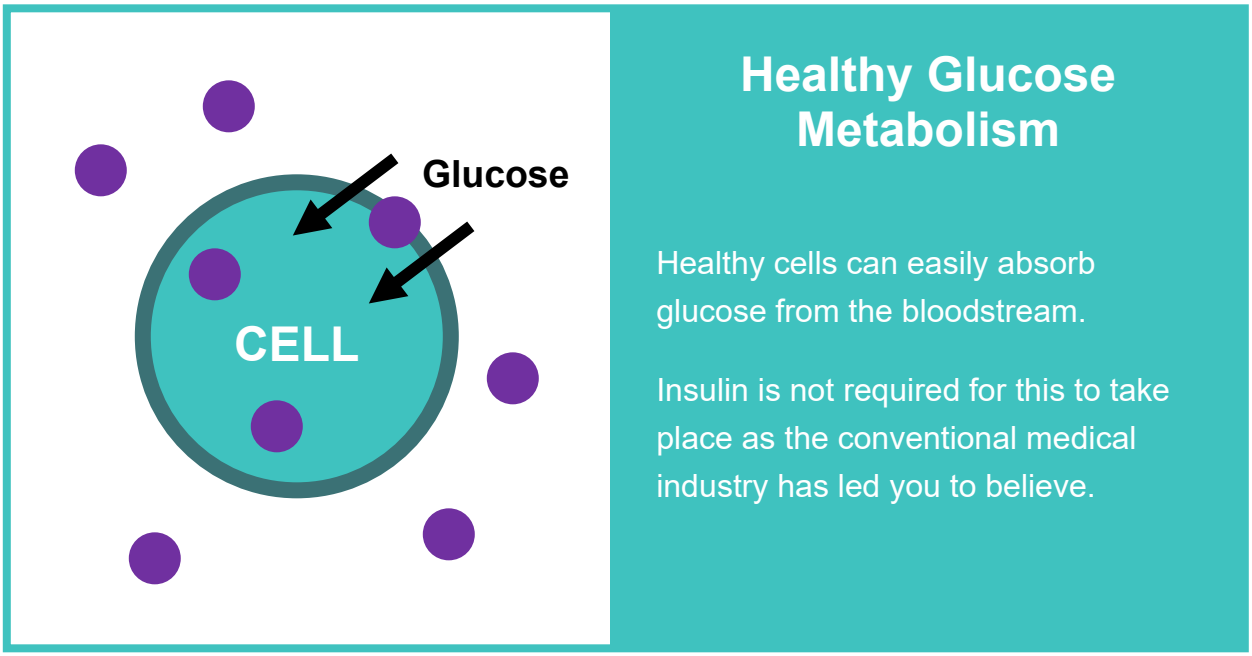
This is important, and you won't find this information anywhere else, so read carefully. Understanding the root cause of your obesity is going to give you the key to success in overcoming it.

Here it goes…

Your body is made up of trillions of cells, and each one of them needs energy to survive, just like you do. Your cells primarily feed off of sugar in the form of glucose.

All carbohydrates you eat be it fruit, bread, pasta, or rice ultimately get broken down by your digestive system and converted into glucose and sent into your bloodstream.

In a perfectly healthy environment, glucose easily absorbed through the cell walls.



I'll repeat, healthy cells DO NOT require insulin to absorb glucose.

Emerging science now tells us that our cells are capable of doing it on their own – as long as certain other conditions are met and we choose foods that promote those conditions.[8]

But the S.A.D or standard American diet does not promote the ideal conditions.

Here's what I mean: when you eat a typical meal, say pork chops and potatoes, you take in a large amount of dietary fat and glucose – the fat is derived from pork chops that might be fried, and the glucose is the product of the carbohydrates from the potatoes when they are broken down.

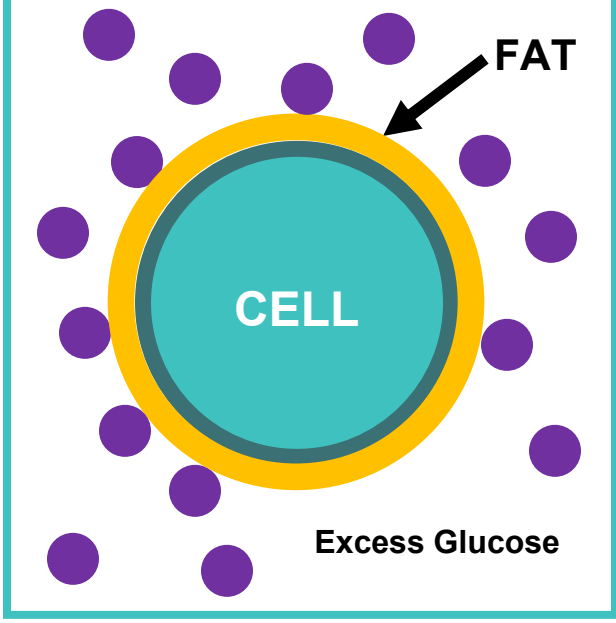
Now, if you took some of your blood after this meal and put it into a centrifuge (a machine that spins things really fast), you'd separate the red blood cells from everything

else. And what you'd see floating at the top is a murky layer of fat. The fat you ate for dinner is now traveling through your arteries.

If your body has a high amounts of fat (lipids) floating in your blood, your cells get coated with a layer of fat. This makes it impossible for glucose to enter the cell.

As we said before, the glucose is knocking but there's resistance to entering. Cells therefore can't get nourished and become weak, and glucose builds up in your bloodstream because it's not being absorbed by the cells. You may then be diagnosed with high blood sugar, as well as high blood lipids (cholesterol, triglycerides).

The release of insulin is how your body deals with excess glucose in the bloodstream.

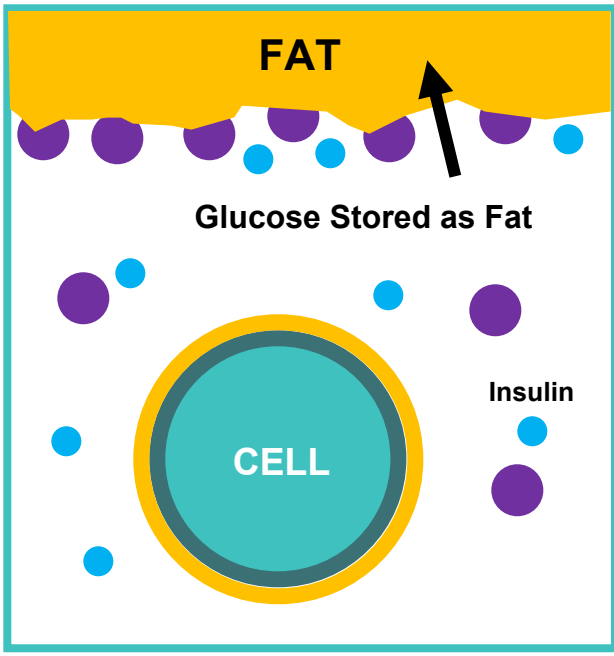


High Lipid Glucose Metabolism

High blood lipids (fat) are very sticky and coat the outside of your cells, making it very difficult for the glucose to be absorbed by the cells.

This is why your blood sugar spikes and you still feel tired. High blood sugar is dangerous, and that's where insulin comes in.

In order to deal with this excess glucose and protect your body from harm, your pancreas creates insulin which then grabs excess glucose and stores it as fat. Uh-oh. Weight gain – again!



Insulin Function

The body releases insulin to get rid of excess glucose in the bloodstream. Without insulin, your body would go into shock as it tries to cope with this imbalance.

The Standard North American diet (SAD) is really all about sugar/carbs and fat together. Since this is the way you've been eating, your cells have been chronically coated in fat and your blood filled with sugar. Your pancreas is in overdrive trying to help your body cope and producing an excessive amount of insulin, day after day.

To clarify – the reason your body makes too much insulin is a deadly combination of TOO MUCH FAT and TOO MUCH SUGAR/CARBS in your bloodstream at the same time.

I don't want you to think that either fat or sugar is 100% evil. There are definitely some beneficial fats that you need in your diet to remain healthy. And of course, fruits and vegetables are carbohydrates and are extremely beneficial.

For example, you could eat a diet that's nearly pure sugar, and as long as you eat minimal fat, especially fat that comes from animal sources, you would lose weight. In fact, a raw fruit-only diet has been shown to achieve exactly that for fruitarians, even though it's super high in sugar.

The same goes for a diet high in fat. You can eat all the bacon and butter you want as long as you don't eat any carbohydrates at the same time. The Atkins Diet and the Keto Diet are just a couple of the diets that work on this principle for some people.

It's when you eat excessive amounts of both with every meal that your body simply can't cope. Add in all the additives, chemicals, artificial sugars and flavorings you get from the highly processed and refined junk available on the grocery shelves and you are really behind the eight ball when it comes to losing weight.

But wait a second…

How come there are people who can eat anything they want yet still remain slim and vital? They eat fat and sugar all the time and don't gain an ounce of fat. Why are they so lucky?

I'm here to tell you they have a secret – something overweight people don't have, and I'll reveal exactly what that secret is and how you can use it to your advantage in the next chapter.

Chapter 4 The True Cause of Obesity

In the last chapter, we learned that too much insulin is the cause of unwanted fat gain, and that your body releases too much insulin because we are eating too much fat and too much sugar in the form of carbohydratesat the same time.

Now I want to explain how those lucky few can eat anything they want (including mixing fats and carbs) and get away with it.

And trust me, it has nothing to do with their metabolism.

The truth is it all comes down to their gut!

Gut health is now widely believed to be connected to a multiple of health conditions beyond digestive disorders including asthma, heart disease, cancer, dementia, mood disorders and host of metabolic imbalances that lead to Type 2 diabetes and obesity.[9]

You may not know this, but there are trillions of bacteria and yeasts that live in all of our intestinal tracts. That equals about 2 pounds of gut bacteria. These bacteria are not only important; they are essential to life. Without them breaking down the food we eat, none of us would be here.

Science has discovered thousands of different species and we still don't understand everything they do. Together they make up what is called the "Microbiome".

Some bacteria are good, and some are bad. And it's the balance between good and bad bacteria that make the difference to not only your health but whether or not you can lose weight.

In a systematic review of gut microbiome in the international journal of endocrinology,[10] researchers discovered that the bacteria in the gut of those who were obese were completely different from the gut bacteria of those who were skinny.

But the researchers went further and isolated the exact bacteria responsible for keeping people skinny and then implanted them in the gut of overweight people. And guess what happened? The overweight people all lost weight without changing their diet or exercising at all.

How Your Gut Microbiome Affects Your Weight Gain

You might be a little confused at this point because in the last chapter I said fat gain is caused by insulin, and now I'm saying it's caused by gut bacteria.

The fact of the matter is it is not only one or the other responsible. These issues are totally interrelated and play interconnected roles in helping you stay healthy and lose weight.

Like I said before, you have literally trillions of bacteria living in your intestines in their own little ecosystem known as the microbiome. Some are friendly and helpful, and others not so much. But when they are in balance, they can live together harmoniously and keep your body humming along.

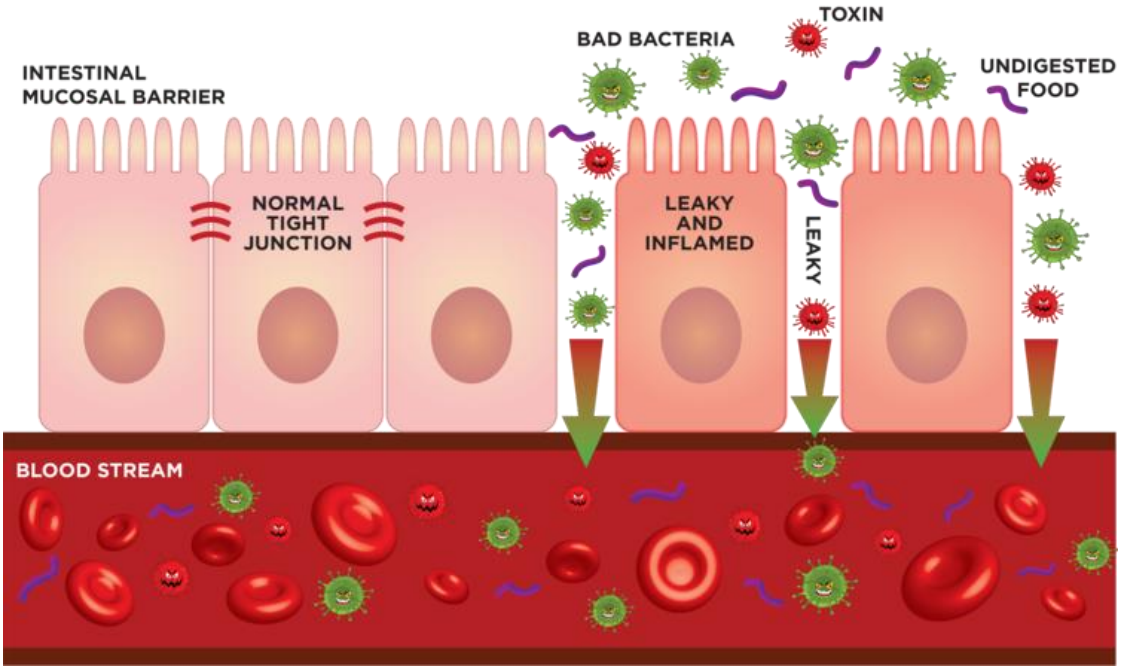
You can imagine that if the microbiome gets out of balance all sorts of things start going wrong.

Job one for the friendly bacteria is to help you break down and assimilate the nutrients from the foods you eat. But these good bacteria also play two other very important roles related to overall good health and success at weight loss.

1. Good Bacteria Prevents Bad Microbes from Overgrowing

In your gut, the right balance of friendly to unfriendly species of bacteria is about 85% good to 15% bad. When this is achieved, your army of friendly belly bugs keeps the unfriendly bacteria at bay.

It also keeps a different type of microbe in check … fungus. These guys are a real problem. You see, fungus can change shapes and turn into rods that can poke microscopic holes in your intestines. This is called leaky gut.



If you have these holes (and most overweight people do), particles of undigested food can pass through the intestines. This causes many health concerns, including a chronic inflammatory response that can contribute to a wide variety conditions from arthritis to eczema to inflammatory bowel syndrome (IBS).

But it also allows excess fat to slip into the bloodstream. As we learned in the last chapter, excess fat in the bloodstream coats the cells, preventing them from

using glucose which results in insulin resistance. In turn, your body keeps producing excessive insulin to keep blood sugar down.

Now you know how good bacteria and insulin are related.

2. Good Bacteria Slows the Release of High Sugar Foods

   Friendly bacteria also help your body digest food more thoroughly as it passes through your digestive tract. This is important for good digestion in general but especially for weight loss because it means complex carbohydrates (such as bread, pasta, and potatoes) digest more slowly. This ensures that insulin can be produced and released more slowly as well so it can be better controlled.

Now that you know why good bacteria are critical to weight loss, how's the balance in your microbiome?

If you have any of the following symptoms, you can be certain you need to work on your microbiome and that your gut health is a fundamental cause of your weight gain.

Gut Imbalance Symptoms

- **Digestive Issues** - The first thing you'll typically notice are digestive problems including gas, bloating, heartburn, indigestion, diarrhea, constipation, and irritable bowel syndrome (IBS) symptoms. You might even notice super smelly gas or undigested food particles in your stool.
- **Mood and Brain Issues –** Did you know the health of your gut could be affecting the health of your brain? It's true! Scientists have already discovered that gut bacteria produce neurotransmitters that affect your mood and keep you calm and happy. People with depression, anxiety, brain fog, and neuropsychic

conditions like Obsessive Compulsive Disorder (OCD) are commonly found to have gut imbalances.

- **Skin Conditions –** All health truly begins in the gut, even the health of your skin. For many chronic dermatological problems, the issue is not the skin, but an unhealthy or leaky gut. If you have acne, rosacea, psoriasis or eczema, you most likely have a gut imbalance.

- **Low energy** – When your gut microbiome is out of balance, your body can't extract the nutrients it needs, so you don't get the energy and you feel lethargic and tired all the time.

Any of these sounding familiar? If you have any or all of the symptoms above, you can be sure you have some sort of gut imbalance.

Imagine how amazing you could feel (and how skinny you might be) if your microbiome was back in balance?

Before I share with you how to create harmony in your gut microbiome, let's find out what cause it to get out of balance in the first place.

Enemies of Good Bacteria

Building up and populating your microbiome with friendly bacteria starts way back at birth. Your mom provided the very first dose as you passed through the birth canal and then in her milk as she breast fed you. Those who were born via a cesarean section or were unable to be breastfeed may be lacking some of the foundational beginnings for a healthy microbiome.

Other factors throughout life that alter or destroy good bacteria include:

1. **Antibiotics**

   Antibiotics are powerful drugs that indiscriminately destroy all bacteria in the body as a way of eliminating disease. Don't get me wrong – they can be lifesavers when prescribed prudently and used properly. For example, when the illness is actually caused by bacteria which is not always the case or when no other course of treatment has been effective. Most people who take antibiotics never make any effort afterwards to restore their good bacteria when the course of medication ends.

2. **Prescription Drugs**

   Many pharmaceuticals beyond antibiotics are toxic your gut bacteria. Painkillers like NSAIDs (non-steroidal anti-inflammatories), and drugs for acid reflux and heartburn called PPIs (protein pump inhibitors) change the populations of microbes in your gut. Unless it's a medical emergency, you are far better off avoiding these drugs and finding other ways to fix the root cause of your concerns.

3. **Glyphosates & Pesticides**

   Pesticides are designed to kill bacteria and fungus on crops. Unfortunately, these chemicals also destroy our microbiome. This is especially true of Glyphosates which is the pesticide Roundup, used extensively on crops like GMO corn which is in virtually every processed or packaged food in most grocery stores (corn syrup, high fracture corn syrup, just read the labels!). In the coming years you will hear a lot about the dangers of glyphosate.

4. **Chlorinated/ Fluorinated Water**

   Drinking chlorinated/fluoridated water can make it almost impossible to maintain

ideal bacterial flora in the gastrointestinal (GI) tract because they kill all bacteria, regardless of whether they are good or bad.

5. **Amalgam Dental Fillings & Vaccines**

   If you have a mouthful of old silver fillings, you may be exposing yourself to mercury which is extremely toxic. There's little doubt that it and other heavy metals disrupts the normal microflora in your mouth and studies are now pointing to these toxins showing up in tissues and locations throughout the body. This is likely because the gut microbiome has been severely altered and therefore unable to help clear the toxins which then leach into the tissues. [11] [12]

   Caution: sometimes more toxicity is experienced when old fillings are removed so if this is your choice, be sure to consult an experienced holistic dentist.

6. **Stress**

   By now, we all know that stress is unhealthy. It raises blood pressure, affects the immune system, disrupts sleep, causes headaches, and can even raise blood cholesterol levels. I was surprised to learn, however, that human stress is also unhealthy for our gut microbiome. Even as little as 24 hours' worth of stress can significantly change its population and disrupt your metabolism. And what's worse, an unhealthy microbiome isn't just what results from stress – it can actually cause you stress as well. Studies have shown that an imbalanced gut can lead to greater anxiety and depression.

7. **Excess Meat or Dairy Consumption**

   Meat and dairy products, in particular those from conventionally raised animals, often contain many hormones and antibiotics used in factory farming operations that are then absorbed into your gut and alter your microbiome balance negatively.[13]

8. **Excessive Alcohol**
   Drinking alcoholic beverages excessively can reduce the number of healthy bacteria in your digestive tract. In fact binge drinking, meaning more than 5 drinks in 2 hours for men or 4 drinks for women, is one of the main culprits in the development of leaky gut.[14]

While it's impossible to eliminate exposure to these factors completely, it's best to avoid them as much as possible. Now that you know what disrupts your healthy biome, let's learn how to restore a good one.

Restoring Good Bacteria and Your Happy Balance

There are literally thousands of different types of good bacteria. Science has only recently discovered how critical they are to health and weight loss. It might be years before we have a complete understanding of the actions and interactions of these important microbes.

Of all the probiotic bacteria studied to date, there are a few that show remarkable effects on weight loss. I can't stress how important these bacteria are to weight loss. In fact, without them it may be next to impossible to lose weight and keep it off long term.

Emerging research shows that these specific strains have anti-obesity effects. In a study published in 2013 in the *British Journal of Nutrition,* obese adults who took these specific bacteria via a probiotic supplement lost almost 10% of their body fat in a few short weeks, simply by adding these strains of probiotics to their diet.

Remember – this is without changing their diet and without exercising at all!

However, when the participants stopped taking the probiotic, they gained all the fat back within a month.

This is the breakthrough I discovered that helped me and thousands of others get off the yo-yo diet rollercoaster for good! Finally, a way to lose weight and keep it off without endless dieting and exercises. Can it really be this simple, you're asking?

Let's find out in Chapter 5. (But yes, it really is simple once you know how!)

PART 3:
THE MAGIC BURN DIET PROGRAM

The Magic Burn Formula for Losing Weight

So far, I've explained the background to the current obesity epidemic and why the conventional diet approaches will never work. I've also introduced you to the new science that makes it easy to lose fat and keep it off for good all by rebalancing a healthy gut microbiohme, which will allow you to lose weight without giving up your favorite foods!

Now it's time to get to the specifics of The Magic Burn Diet Program and reveal the formula that will get you on the road to weight loss.

I've spent years studying the principles of true weight loss, and I promise you – this program works! But you don't have to take my word for it. Look at what other happy, healthy customers had to say:

> "Wow, wow, wow. The Magic Burn Diet is exactly what you said it was and much more. I'm on day 4 and I've already lost 2 pounds. I have tried for months to get my weight to budge ... and here I am with an ice cream sundae and loving every minute of it ... Chrissie, you are my hero!
>
> **Magic Burn Success Story** **Rebecca**

I promise you'll be shocked at how quickly your fat melts away and how much more confident you feel when you look in the mirror.

I'll explain everything in detail in the next few chapters, but all you truly need to do is follow **3 SIMPLE STEPS:**

Re-Introduce Fat Burning Probiotics

Having the right good bacteria in your gut is crucial to losing weight and keeping it off. In step 1, you'll use a powerful combination of specialized probiotics proven to burn fat fast!

Eat To Feed Your Microbiome

The Magic Burn Diet is simple and easy to follow. It focuses on specific foods that feed the good bacteria, so they flourish. We've broken down the plan step by step, so you can't go wrong. And the best part … you'll still be able to eat all the foods you love and desire!

View Your Future Success

Finally, I'll show you how to align your mindset to create changes at the cellular level. We all know our minds are powerful, but did you know that just thinking and believing you're succeeding can actually help make it happen? Science tells us this is a fact!

Chapter 5 STEP 1: Re-Introduce Fat Burning Probiotics

As we discussed in Chapter 4, your gut is an amazing world unto itself. It is full of microbes that dictate what your body does with the food you eat and how you are able to maintain good health overall.

When it is in balance – meaning when the friendly and helpful bacteria are not being overpowered by the bacteria and other pathogens that cause disease - your body can use food effectively for fuel and to rebuild the tissues needed to stay strong, fit and disease-free.

When it is not in balance, we get in big trouble when it comes to staying slim. Remember, in previous chapters, we learned that overweight individuals lack key bacteria that has been shown to induce weight loss when restored via supplements.

Unfortunately, it can be tough to restore healthy gut bacteria and microbes with diet alone, especially when you're already overweight.

It would be great if we could rely just on food to rebalance that microbiome and ensure our friendly, obesity-fighting bacteria are in top-form and aiding us to be as healthy and slim as we'd like.

But food is not what it used to be. Back in the day, you could get these good bacteria just by eating fresh fruits and vegetables, that were covered with soil-based organisms. Today, all our food is sprayed with herbicides and pesticides to keep them on the shelf longer. And that means we have to get them in another way.

To get your gut back to where it needs to be for weight loss, we are going to employ the use of powerful probiotics that contain scientifically proven ingredients.

I want to stress that these ingredients are crucial to your success on the Magic Burn Diet. By using these ingredients as instructed, you will greatly accelerate your weight loss.

Restoring Healthy Microbes in the Gut

As I mentioned, there are literally thousands of different bacterial species in a healthy gut. Here, we are going to focus on a few superstar probiotics that have been clinically proven to burn fat without giving up your favorite foods or exercising.

These friendly bacteria work best together, so make sure you use them at the same time to amplify their results. Thousands of people have used these exact probiotics so I can guarantee you'll get the same incredible results.

Let's go through each of them so you know exactly what they do and the studies that support them.

Ingredient	Benefits for Weight Loss
Bacillus Subtilis	There is a growing body of research focused around this patented strain. Referred to as the "king of probiotics" due to its spore like form which allows it to get through the harsh acids in the stomach. Study after study – in both animals and people - show that supplementing with this microorganism can result in the reduction of body weight even when diets are not changed, or total calorie intake is not reduced.

	Essentially, this is the key anti-obesity bacterial strain found in abundance in slim individuals who seemingly eat anything and everything. In clinical trials it was shown to "significantly reduce weight without changes in food intake". https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4471600/ How does Bacillus Subtilis work to reduce body fat? The current theory is that it may be to suppress other harmful pathogens (like yeast) from the poking holes in the intestinal tract leading to leaky gut. These pathogens can also inhibit weight loss and add to the overall risk of developing other diseases.
Lactobacillus Rhamnosus	Another powerhouse probiotic, this strain has been shown in studies to "significantly reduce fat mass" and "achieve sustainable weight loss". We all know that getting the weight off is one thing. But keeping it off is quite another. Research on the Lactobacillus Rhamnosus bacteria shows its efficacy in helping to maintain a weight loss and putting an end to yo-yo dieting. The studies show positive results for both men and women in terms of supporting changes in body composition over 12-weeks, although women appear to benefit even more in terms of being able to keep the weight off when supplementing with this probiotic. This may be related to its ability to assist the body to in glucose homeostasis (blood sugar balance).

	https://www.ncbi.nlm.nih.gov/pubmed/24299712
Lactobacillus Casei	L. casei has been found to decreases energy/food intake in both humans and animals. https://www.ncbi.nlm.nih.gov/pubmed/25049132 This means you get full faster and feel satiated longer with smaller meals.
Lactobacillus Plantarum	This special strain was found to "inhibit diet-induced weight gain" and even more impressively, to improve cholesterol levels and decrease blood sugar levels leading scientists to proclaim that it should be used for the treatment of "obesity and type 2 diabetes" https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5986522/
Bifidobacterium Longum	Bifidobacterium longum has been shown to decreased glucose levels and insulin resistance which know has positive effects on weight loss. https://www.ncbi.nlm.nih.gov/pubmed/25355437
Bifidobacterium Breve	Bifidobacterium breve is a strain of the Bifidobacterium family. It has shown promise in helping reduce and control body weight. It was found to "Significantly lower body fat percentage" and "significantly lower waist circumference… Again, without changes to their diets… https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6081611/

	Bifidobacterium breve helps with fat metabolism and in many studies has shown to suppress the accumulation of body weight.
Lactobacillus Acidophilus	This is probably one of the best recognized bacteria as you may see it listed on various fermented soy products like tempeh and some fermented dairy products like plain yogurt and kefir that you may buy in the grocery store. However, sometimes the commercial processing of these food products kill or reduce the efficacy of these bacteria so supplementation can be a much more effective method of ensuring you are getting the right amount. Lactobacillus acidophilus increase lymphocyte numbers in the gut. Lymphocytes are white blood cells or disease fighters and required to ensure that the bad bacteria or other pathogens cannot take over and stymie your weight loss efforts. Research has also demonstrated that a higher level of Lactobacillus acidophilus can help to keep blood glucose levels in check.

These are the exact probiotic strains I researched thoroughly and used myself to help reset my microbiome and finally lose my excess weight for good. Seriously – it made all the difference!

Choosing The Right Probiotics?

These ingredients can be purchased at most natural health food stores, online at Amazon.com or other online sellers. But there are challenges finding good sources for these reasons:

1. First, you need to make sure you are getting them from a quality source. Probiotics are inherently difficult to manufacture and keep alive. Heat, long storage and other factors reduce their effectiveness. Many off the shelf brands tested did not meet the potency listed on the label.
2. You need to make sure you are getting these probiotics in the right ratios. When combined effectively, these ingredients will greatly increase your chance of success.
3. Many manufactures contain contaminants and fillers that reduce the effectiveness and potency of these ingredients.

On top of that, even if you find good sources for all the ingredients, buying them individually can really add up. This could end up being a very expensive for you.

Given all these things, I decided to partner with a leading manufacture to get all these incredible probiotics in a single, easy to use, supplement. I've done all that work for you so all you have to do is concentrate on yourself, on eating your favorite foods and on getting healthier and slimmer.

Introducing Magic Burn – Your One-Stop For Gut Health

As I mentioned right in the introduction to this book, I struggled with weight for years and tried everything to overcome it. I read copious scientific papers, consulted with nutrition and biology advisors and experimented on myself to identify the best possible

combination of supplements and foods to restore and rebuild the balance in my microbiome.

It took intense effort but finally, I created the perfect formula. This is an incredibly powerful and balanced supplement that includes all the ingredients I discussed above in the exact right ratios to be effective.

Why did I spend all that time and effort to do this work? When I first started sharing the Magic Burn Diet with others looking to conquer their weight issues and lose their excess body fat, I used to recommend third-party supplements to help support the amazing results of the program.

Unfortunately, over time, I found the supplements I was suggesting had deteriorated in quality. The manufacturers slowly started decreasing the critical ingredients or replacing them with less pure versions in order to increase profits. When this started occurring, people who tried the Magic Burn Diet were not seeing the expected results.

Naturally, I wasn't happy continuing to recommend substandard products to people who trusted me. Their disappointment did not sit well with me and I felt I had to do more than just make suggestions. I had to take matters into my own hands and make a supplement that you could rely on. And that's why Magic Burn was born.

Today, my mission is to bring health and wellness alternatives to the masses – a revolutionary and easy diet program supported by products that actually work, are of the highest quality and at a price point that most consumers can afford.

With Magic Burn, I can now proudly and confidently offer everyone who is willing to jump aboard the Magic Burn Diet a winning formula to maximize their results.

Not only does Magic Burn contain all the required ingredients at effective therapeutic dosages, it's also more cost effective. This is a product that I proudly and confidently stand behind its results.

Truly, Magic Burn is the best way to get the specific strains of these powerful at the lowest cost. And it's available exclusively for The Truth about Dieting readers.

If you are ready to reset your gut and overcome your weight issues and the guilt, the shame, the disappointment that has dogged you all these years, then I invite you to do what I did and what thousands of others did and invest in your health and wellbeing today.

How To Get It

If you did not order Magic Burn with your purchase of the Truth About Dieting Program, you can still get it!

FOR A LIMITED TIME: New customer are eligible for a 30% discount if you order within 7 days of purchasing the Magic Burn Diet.

Note: It's make in small batches to ensure potency and quality, so sometimes we run out of stock. It's best to order as soon as possible so you aren't delayed in getting into the best shape of your life.

YES! Give Me Magic Burn!

www.GetMagicBurn.com

Now that you know the secret of how to get your microbiome back in balance so you can start losing weight almost effortlessly, let's dig into the specifics of what foods to include every day in order to maximize your efforts. And yes – they will include some of your very favorites, I promise!

Chapter 6 STEP 2: Eat To Feed Your Microbiome

Now that you know the exact probiotics you need to effortlessly restore your gut bacteria, it's time to reveal how to tweak your diet to accelerate your weight loss even further.

I want to be clear: using the probiotic and diet together is the one-two punch and magic behind The Magic Burn Diet Program. With these two steps, you'll get to your perfect weight and achieve the body you dream of in no time.

This is different than all the other times - you can do this!

The Magic Burn Diet is divided into 2 phases:

- Phase 1 – An intensive gut rebalancing for the first 30 days
- Phase 2 – A maintenance program you can do forever

I promise this will be the last diet you ever need, because you can still eat your favorite foods while you lose weight. Plus, you'll feel better than you ever have!

Before we get to the specifics of each phase of the diet, let's look how our diet has changed from the original human diet.

How Have Our Diets Changed?

Many, many years ago, our great ancestors led a very different lives and were much healthier because of it. The foods we eat today are just not meant for our digestive systems and we are now paying the price.

Let's begin by first understanding… What Did Early Humans Eat?

Although our diet evolved over millions of years, I want to focus on the most significant shifts that got us where we are today.

It's now known that early humans ate a diet almost identical to our closest genetic relatives – the great apes. In fact, studies have shown that 99.4% of our DNA is identical to animals such as the Bonobo chimpanzee. Both the Bonobos and the early humans ate a diet that was primarily fruit. This makes sense because early humans lived in tropical regions to stay warm since they didn't wear clothes, and fruit is plentiful and delicious in such areas.

What's interesting to note is that their diet was almost entirely carbohydrate based, mostly fruits with some vegetation on the side, both high in carbohydrates. Fruit is high in natural sugars and yet, none of these early humans were overweight. Remember how we talked back in Chapter 3 about how the body can respond to high sugar as long as there is little fat in the diet? Hold onto that thought.

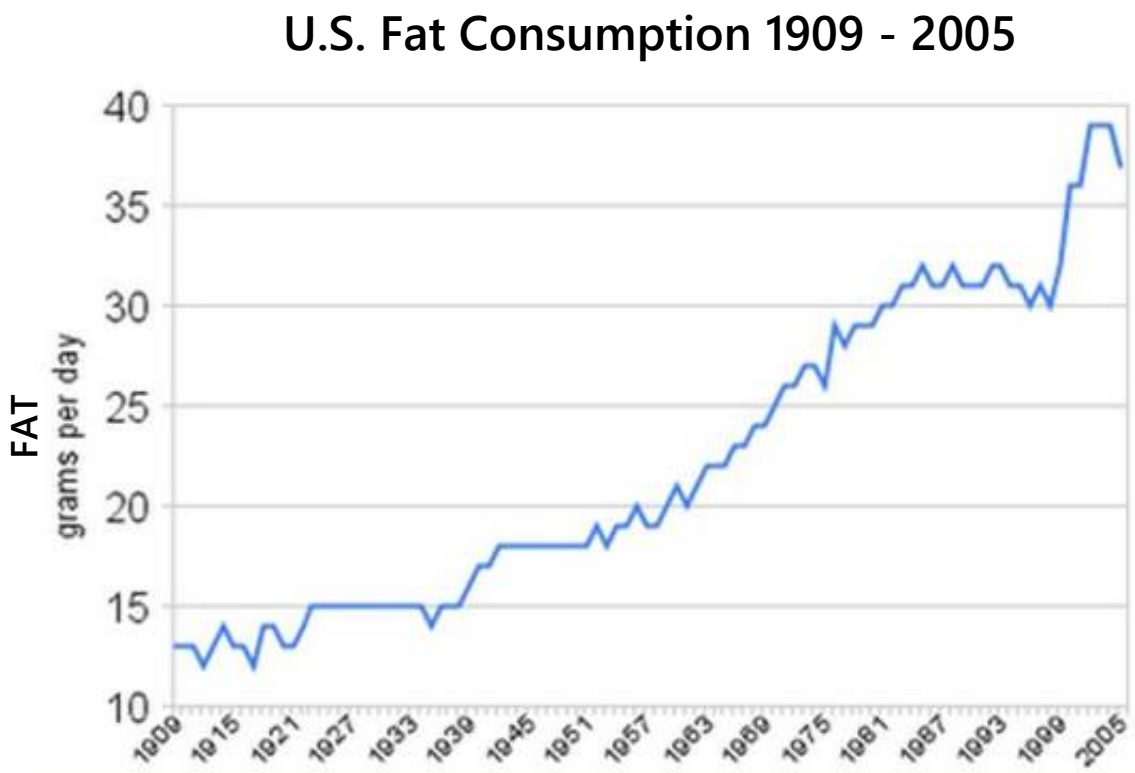
The first shift for humankind happened nearly 40,000 years ago. At this point, as we learned to make clothes, some humans began to migrate north into colder areas. Sweet fruit was rare in these colder locations, so they were forced to expand their diet to include animal products for survival. They ate every part of the animal (especially the fat) and used the fur to make clothes.

At first, it wasn't easy to digest the meat, but over time they adapted. The significance here is they ate a lot of fat but very little sugar. Again, none of them were overweight.

The second shift happened about 10,000 years ago. This is when humans started to eat whole grains. Grains are mostly carbohydrates which when metabolized by the body, eventually turn into simple sugars.

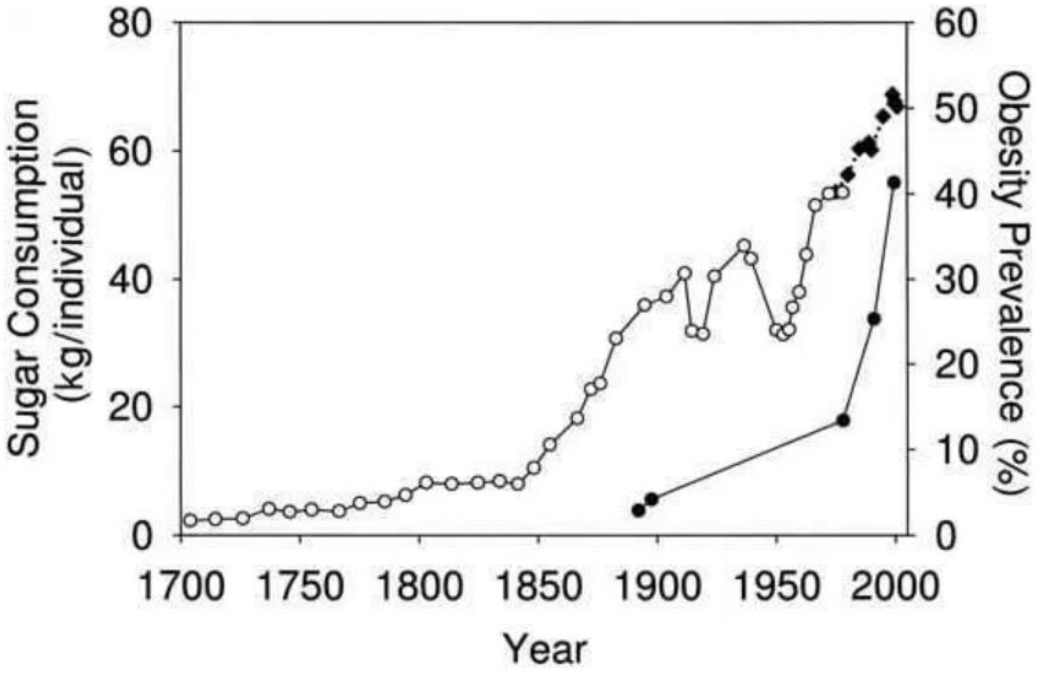
These grains were stone ground and retained their wholesome qualities, so they did not spike insulin like the breads we eat today. Plus, at this time, our ancestors had even more bacteria in their intestines obtained from eating unwashed foods and plenty of fiber. (More on this later)

The third shift happened in the last 100 years with the introduction of commercial farming and high processed foods. Meat consumption soared due to its lower costs, and refined oils were added to everything. Just look at how much more fat we are eating.



Am J Clin Nutr. 2011 May. Published online ajcn.110.006643

This may not have been as much of a problem if we didn't also increase our consumption of refined sugar, but that's exactly what happened. Just look at these statistics:



Johnson RJ. Potential role of sugar in the epidemic of hypertension, obesity and the metabolic syndrome, diabetes, kidney disease, and cardiovascular disease. Trusted Source The American Journal of Clinical Nutrition, 2007.

Even though sugar consumption started rising in around 1850, it wasn't until 1950 that the problems really started. Here we introduced highly refined carbohydrates, sugar and high fructose corn syrup, and they are in just about every packaged food. All of which force your body to produce huge amounts of insulin.

What's important to remember is that our consumption of both fat and sugar has gone up drastically in the last 100 years. Throughout history, there has never been another time when we ate so much sugar and so much fat at the same time.

This is also about the time antibiotics were discovered and started being prescribed for everything. Not to mention the introduction of prescription drugs, glyphosates and chlorinated tap water.

All of these factors combined into the perfect storm to ruin our gut microbiome and create the epidemic of obesity we see today.

But there was one more thing that was more devastating than anything else for your healthy gut bacteria. And that's the decrease in dietary fiber.

I know we've talked a lot about the increase in processed sugar and fat, but it's the lack of fiber in these processed foods that added fuel to the fire of obesity and other health related conditions. In the last 100 years, we basically took all the fiber away.

In a study of Tanzania's Hadza people, one of the few remaining hunter-gatherer groups on the planet, tribe members consume 100-150 grams of fiber per day. This is 10x what the average American takes in.

Why Fiber Is So Important?

The main reason fiber is so important is because it is the primary source of food for gut bacteria. You see, when you eat something, your digestive system processes the foods and absorbs all the nutrients.

Fiber is the one thing it can't digest. So, it travels down to the large intestine undigested. Good bacteria depend on this fiber to survive and thrive.

Well-fed bacteria maintain health digestion. These bacteria create enzymes that breakdown food, short chain fatty acids like butyrate that seal the intestinal tract and special substances that keep bad bacteria and yeast at bay.

Without fiber, they die, and you get gut imbalance leading to obesity and other chronic health problems.

Let's put everything we learned together in this chapter.

The Magic Burn Diet

I know we've gone over a number of things and at this point it may feel a little confusing. Here, we are going to bring everything together and simplify it to make the Magic Burn Diet easy and fun to follow.

The most important thing to remember is the fat gain is mainly caused by an imbalance in your gut microbiome. The first step was to add the super probiotics found in numerous studies to burn fat fast, without cutting calories or exercising.

With the Magic Burn Diet, the main objective is to feed these new bacteria the food they love… Fiber!

That means lots of whole foods. Unprocessed foods contain a lot of the undigested fiber your gut bacteria need to thrive.

TIP: While you can eat any of your favorite foods on this diet, it's really best to eat as many whole foods as possible.

This is especially true of fruit and vegetables and here's why: In order for the probiotics to repopulate your gut, they need to eat, and their favorite foods are raw fruits and vegetables. So be sure to include a lot of them every day.

I know some people struggle with eating raw produce, but believe me, as your gut bacteria improves, you'll find it easier and easier to digest whole raw foods. That said, if you simply can't tolerate raw, then lightly steaming them is acceptable. And yummy!

Remember, the more fiber you eat, the faster you'll lose weight on the Magic Burn Diet!

High Fiber Foods To Focus On

FRUITS		
	Serving Size	Fiber (g)
Apple (raw, with skin, medium	100g	2.4g
Apricots (raw, with skin)	100g	2g
Banana	100g	2.6g
Blueberries	100g	2.4g
Cantaloupe	100g	0.09g
Cherries	100g	2.1g
Grapefruit	100g	1.1g
Grapes	100g	0.09g
Honeydew Melon	100g	0.08g
Mandarin Oranges	100g	1.8g
Nectarine	100g	1.7g
Orange	100g	2.2g
Peach	100g	0.09g
Pear	100g	3.1g
Pineapple	100g	1.4g
Plum	100g	1.4g
Raspberries	100g	6.5g
Strawberries	100g	2g
Tangerine	100g	1.8g
Watermelon	100g	0.4g

High Fiber Foods To Focus On

VEGETABLES		
	Serving Size	Fiber (g)
Artichoke	100g	5.4g
Asparagus	100g	2.1g
Bok Choy	100g	2.2g
Beets	100g	2.8g
Broccoli	100g	2.6g
Brussel Sprouts	100g	3.8g
Carrot	100g	2.8g
Cauliflower	100g	2g
Celery	100g	1.6g
Cabbage	100g	2.5g
Cucumber	100g	0.7g
Eggplant	100g	3g
Fennel	100g	3.1g
Kale	100g	3.6g
Lettuce	100g	1.3g
Mushrooms	100g	1g
Onions	100g	1.7g
Peppers	100g	2.1g
Pumpkin	100g	1.1g
Spinach	100g	2.2g
Squash	100g	1.5g
Sweet Potato	100g	3g
Tomato	100g	0.9g

High Fiber Foods To Focus On

BEANS & LEGUMES		
	Serving Size	Fiber (g)
Adzuki Beans	100g	13g
Black Beans	100g	8.7g
Black Eyed Peas	100g	8g
Borlotti Beans	100g	7.5g
Broad Beans	100g	7.7g
Chickpeas	100g	7.6g
Green Beans	100g	7.5g
Kidney Beans	100g	15g
Lentils	100g	7.9g
Lima Beans	100g	4.8g
Mung Beans	100g	7.6g
Navy Beans	100g	15g
Pinto Beans	100g	5.5g
Runner Beans	100g	6.7g
Split Peas	100g	26g
Soy Beans (Organic Only)	100g	6g
Peas	100g	5.7g
Snap Peas	100g	2.7g

There are a few exceptions to the high fiber food list. Many people have an overgrowth of bad bacteria and yeast. Grains and potatoes are filled with complex carbohydrates that feed these bad microbes so it's best to avoid as much as possible. It's not that you can't eat them, it's just that they don't count toward your daily fiber intake. Here's a quick list:

High Fiber Foods That Don't Count Toward Your Daily Fiber Intake	
Grains	Amaranth, Barley, Buckwheat, Corn, Kamut, Millet, Oats, Quinoa, Rice, Rye, Spelt, Wheat, Wild Rice
Nuts & Seeds	Almonds, Brazil Nuts, Cashews, Chestnuts, Hazelnuts, Hickory Nuts, Macadamia Nuts, Pecans, Pine Nuts, Pistachios, Pumpkin Seeds, Sunflower Seeds, Walnuts
Potatoes	White Potatoes, Red Potatoes, Yellow Potatoes

Don't Forget Your Favorite Foods!

I promised you could include your favorite foods in this diet and still lose weight – and I am not kidding. From day 1 on this diet, you can eat anything you desire including junk food.

But the trick is to eat the required healthy whole foods first, before you get to these favorite foods so that you continue to nourish your microbiome. Ideally, you would pick the healthiest alternative to the junk food you crave. For example, instead of Doritos Chips, go to the health food store and get some crunchy snack without GMO's, chemicals and even better baked instead of fried!

PHASE 1 – FIRST 30 DAYS : 50g Of Fiber/Day

During the first 30 days, we need to make sure the new "good probiotics" have all the food they need to flourish and drive out the bad bacteria in your gut.

It's critical you eat as much fiber as possible in the beginning. Ideally, at least 50g per day or more. The majority of what you eat will be delicious, nutrient-dense, high fiber whole foods like vegetables, fruits, and beans, highlighted in the green foods lists above. You can find delicious recipes at the end of this book.

As long as you reach 50g of fiber per day, you can eat anything you wish! You crave a burger? Go for it. A slice of pizza or a fresh baked cookie? Ok. As long as you get 50g of fiber per day from the approved fiber foods lists above. It's best to eat the fiber rich foods first for breakfast, lunch and even dinner and then have your favorite foods after that.

If you want to accelerate your weight loss, continue Phase 1 for as long as you want. Remember, our ancestors at 150g per day or more.

PHASE 2 – MAINTENANCE : Target 30-50g Of Fiber/Day

Just like the previous month, we'll fed the good bacteria with delicious, nutrient-dense, high fiber whole foods like fruits and vegetables. The only difference in Phase 2, is you only need about a minimum of 30 g of fiber to maintain the healthy bacteria we repopulated in Phase 1. You can, however still target a range of 30-50g for best results, but aim for at least 30g of approved fiber.

Your body will be more used to having those whole foods now and who knows, you might find your tastes are changing and along with them, and this might even change what you'll pick as favorite foods!

You will continue to lose weight during the maintenance period until you reach your ideal weight.

Tracking your progress:
Some people find it handy to write down what they eat each day, at least for the first month or so. That said, tracking your food intake really helps you gauge whether you are achieving your fiber goals each day.

Final Tip: Drink Clean Water Everyday

Water is super important for so many reasons and especially so when you are trying to release excess fat. It also helps flush out the toxins bad bacteria make while they are dying.

I want you to set a goal of drinking at least two liters of fresh water per day.

(Skip the pop, juice, milk and any other drink that isn't water. Black coffee or tea is ok.)

If you are adequately hydrated, these metabolites will preferentially be eliminated through the kidneys. If you are dehydrated, the liver is going to be called into action to move a lot of those metabolites into the bile and stool for excretion. When losing body fat, the liver is also the main area where mobilized fat is processed.

If the liver is overburdened because it has pull and extra shift to eliminate metabolites, it has less capability to metabolize stored fat into usable energy. Staying well hydrated frees the liver to process body fat so that it can be burned as fuel.

Conclusion

That's it! Just follow these simple rules and you'll be on your way to the most effortless weight loss you've ever imagined:

- Take Magic Burn everyday as directed
- Phase 1 – Eat 50g of approved fiber/day
- Phase 2 – Eat 30- 50g of approved fiber/day

But I promised you more. In the last chapter we are going to shift from what we eat to what we think. I'll show you how to leverage the amazing power of our mind to help us manifest our success. The mind and the body are interconnected and once you read the scientific research that shows us just how powerful this connection can be to helping us achieve our weight loss goals, I know you'll be ready to try some of the exercises I suggest.

One more thing – I strongly suggest that before you begin the Magic Burn Diet, you tak some photos of yourself because once you've lost your weight, you're going to want to see your amazing progress! Trust me – even though you might hate having your photo taken right now, the change your body is about to undergo will amaze you and you really are going to want to capture it.

Chapter 8 STEP 3: View Your Future Success

In the past decade or so, hundreds of studies have been conducted that demonstrate the **powerful connection between mind and body** and scientists now believe that what you think about actually shapes your life.

In landmark studies, Dr. Bruce Lipton, respected medical researcher and author of *The Biology of Belief*, proved that your mind can affect the cells of your body and even your DNA. Dr. Lipton's work explains how our expectations and desires can affect our body's ability to fight illnesses and heal itself.

This is pretty exciting stuff because what it tells us is that we have the power to make great strides in our health – just by applying our thoughts in a positive manner!

Is Your Subconscious Keeping You Fat?

I want you to take a minute and close your eyes and just think about who you. What is the self-image you have of yourself? If you were to write down five descriptive words about yourself – what would those words be? Are they positive and loving? Or are they mean and judgmental?

Do you only see yourself as a fat person who has failed miserably over and over again on diet after diet? Is your image that of a victim who is doomed to be fat forever? Or are you strong and focused and confident that you now have the knowledge you need to lose the weight and become that slim person you've always envied?

Each and every one of us has a self-image of ourselves in our subconscious mind. Your current self-image is built and shaped by the interpretations and evaluations you place on past experiences.

It doesn't matter if the experience is real or imagined – your mind sees it the same, and these thoughts affect your self-image. Your mind and body react to your internal self-

image, so if your self-image is one of being nothing but a fat person, your body will do everything it can to make that true.

In order to lose weight and keep it off, it's imperative to understand and to change your self-image. It starts with re-framing how you visualize yourself and what you believe to be true.

30-Day Visualization Exercise

Ghandi once said:

"Your beliefs become your thoughts,
Your thoughts become your words,
Your words become your actions,
Your actions become your habits,
Your habits become your values,
Your values become your destiny."

The mind is a powerful thing to waste. It can do so much for us, and very few of us actually use its power to shape our self-image and create perfect health. So, let's change that right now and re-frame our beliefs so that we can change our destiny.

I want you to give this exercise an honest try – even if it feels a little strange to you at first. I promise you – if you give this an honest effort, you'll be thrilled with the results, and you'll choose to continue using this tool for the rest of your life to help you make all kinds of changes in your life.

We've purposely suggested to start by doing it for 30 days as that dovetails nicely with the first month of this diet when the extra focus and motivation with help you the most.

Building Your Mental Movie

Grab yourself a notepad and set aside a quiet 20 minutes to think through this exercise and capture the details you visualize.

The first thing to do is get a clear image in your mind's eye of what it would feel like to be slim and not have to worry anymore about every morsel of food you consume or how embarrassed you feel when you look in the mirror and see how tight your clothes have gotten.

Begin by imagining yourself completely free of stress from being overweight ... free of rigid diets that fall short of their false promises ... free to eat all of the foods you love.

TIP: Most people find they get better results if they imagine themselves sitting in a theater and watching themselves as the star character in a movie on the big screen

It's important to make your mental movie of yourself as vivid and detailed as possible in order to simulate actual experiences. For example, instead of just picturing your body being slim, imagine yourself excited as friends tell you how good you look. Imagine your partner complimenting and being incredibly turned on by the new you. Imagine stepping into a department store dressing room with beautiful clothing in smaller sizes that all fit. Imagine biking, hiking, playing with your children and not feeling exhausted anymore.

Pay attention to small details. The more detailed you are, the more your subconscious will believe it to be an actual experience. Make sure to use all of your senses.

This is the ideal you. And this is who you will be, thanks to The Magic Burn Diet. Write it all down.

Embedding Your New Image

Once you've completed documenting your mental movie, find a quiet place each day to relax, where you won't be disturbed. Close your eyes and in your mind begin playing the movie you wrote. Spend at least 20 minutes enjoying the scenes and feeling the waves of pleasant emotions wash over you while you do.

TIP: For the first seven days, refine your movie to picture your body exactly as you desire it to be, and during the remaining days, play this exact movie in your mind over and over again

As I've said before, your current self-image was created by your imagination, so we can use the same method to create a new self-image where you enjoy your perfectly healthy body.

Chapter 9 Questions & Answers

What Should I Expect on The Magic Burn Program?

The First Few Days

Change can be challenging but keep in mind, this is temporary. You might want to start this program at a time when you can have a day or two to adjust. I suggest beginning on a Friday so that you have the weekend to stock your fridge and to rest and relax as need be is good idea.

When you introduce the good bacteria to your gut, you may experience some slight discomfort such as gas or bloating. Don't forget you've got a little battle going on between the friendly and the unfriendly forces to take over your gut territory. It will quickly pass, and your digestion should actually improve within the first week.

During the first phase of the program, you will lose a lot of weight quickly. Some of it will be fat, but a lot of it will be water. As your body starts cleansing itself, it uses water to flush out the fat and other toxins. This is why it's important to drink at least two liters of water each day. Otherwise, you will become constipated and experience flu-like detox symptoms.

Although everyone is different, here is what you should expect during the first two weeks:

- You may be a little tired in the first week, but you'll get a surge of energy by week two as your body clears out some fat and adjusts to your new diet.
- You may lose between 5-20 pounds of weight. Some of it is water, but a lot of it will be fat.
- You might become less hungry, and this is normal. You don't have to eat if you're not hungry. It's just a sign that your body is finally getting the nutrition it needs from the whole foods you are eating and that with your healthier microbiome, these nutrients are actually being used more effectively by your body.

Once You've Reached Your Target Weight

You did it! you reached your goal weight and now what?

Once you've hit this milestone, your body will have transformed. Your energy levels will be higher, you'll be sleeping better, and you'll feel a real sense of achievement.

It's time to celebrate with your friends and family. You might even need to buy some new clothes to match the new slimmer you.

It's also a good time to pull out the photos you took at the beginning of this journey. Take a new photo and post the before and after pictures on Facebook and other social media sites to show your friends and family the new you. It's worth it to brag about your success - you've earned it.

Don't forget to send us your testimonial so we can give other people the confidence to try The Magic Burn Diet Program.

You can send your testimonial to: support@getmagicburn.com

"This is a huge breakthrough … I went from 186 and I'm all the way down to 159 in just 1 month … It's really amazing!"

Magic Burn Success Story **- Olive Monson Price**

You now have everything you need to lose the weight and get into the best shape of your life! This is the exact plan that thousands of people have already used to lose weight effortless while still enjoying their favorite foods. Here's a recap:

Re-Introduce Fat Burning Probiotics

Having the right good bacteria in your gut is crucial to losing weight on the Magic Burn Program. Take Magic Burn daily as recommended to repopulate your digestive system.

Eat To Feed Your Microbiome

The Magic Burn Diet is simple and easy to follow. Just eat high fiber foods that feed the good bacteria, so they flourish.
Phase 1: 50g Of Fiber/Day
Phase 2: 30-50g Of Fiber/Day

View Your Future Success

Finally, align your mindset with visualizations to create changes at the cellular level.

Once you start seeing results, remember to send us a testimonial with before and after pictures so we can share it with others and showcase the benefits of this powerful program.

I've made everything as easy as possible, so there's no reason to delay starting right away. We even have a support team to answer any questions you may have.

But the choice about whether or not you are going to be overweight is now yours. I've given you all of the information you need, but you still have to follow it to see the results for yourself.

I guarantee you'll be shocked by your transformation, just like so many before you who used this program successfully.

The time to change your life is now. Don't wait! The devastating effects of obesity are waiting for you, so do it now. Don't wait another minute.

Join my cause. No one should have to suffer with being overweight when there is a simple and effective solution that's proven to work.

I know that once you're at your ideal weight, you'll want to shout it from the rooftops, so send us your testimonial and help show other people what's possible.

You can send your testimonial to: support@getmagicburn.com

I can't wait to hear from you! Thank you for taking a chance on Magic Burn and believing the truth. Remember to stay positive, and enjoy your new, fit, and sexy life!

PART 4:
50 MAGIC FOOD HIGH-FIBER RECIPES

Salads

Caesar Salad

~13.3g Fiber

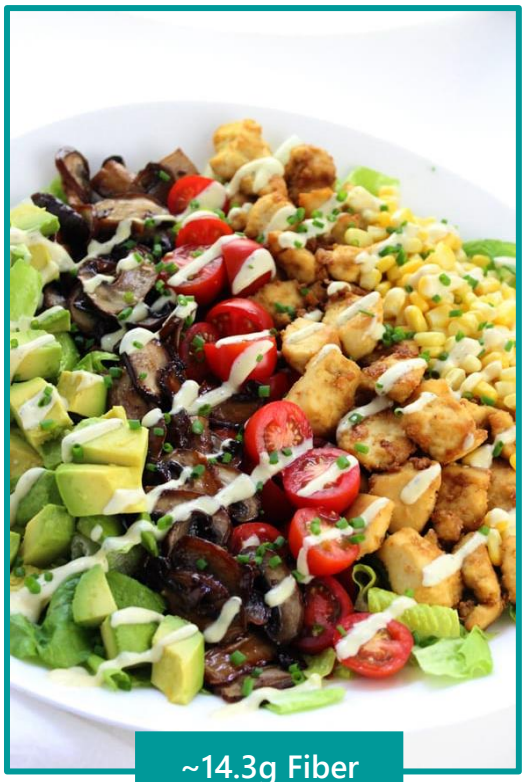
INGREDIENTS:

- ¼ cup quick soaked cashews
- 3 Tbsp. light miso
- 2 Tbsp. lemon juice
- 8 Tbsp. filtered water
- 4 Large garlic cloves
- 1 Tbsp. Dry Nutritional Yeast
- 1 Tsp. Dijon Mustard
- ½ Tsp. Sea Salt
- ¼ Tsp. Black Pepper
- 1 Tbsp. Olive Oil
- 1 Head Romaine Lettuce, Chopped
- ½ Can Chickpeas, Drained and Rinsed

DIRECTIONS:

1. Chickpea Croutons: Preheat oven to 400F. Rinse and dry chickpeas, removing any loose skins. Toss chickpeas in olive oil and ¼ Tsp salt until coated. Place on baking sheet with parchment paper and bake for 45 min.
2. Dressing: Soak cashews in hot water for 5 minutes. Place in blender with miso, lemon juice, water, garlic cloves, nutritional yeast, mustard and remain salt and pepper.
3. Arrange Salad: Place the chopped romaine in large mixing bowl. Add as much dressing as you like, store leftover. Top with chickpea croutons.

Cobb Salad



INGREDIENTS:

- 1 ½ Tbsp. Nutritional Yeast
- 1 ½ Tbsp. Olive Oil
- 1 Tbsp. Apple Cider Vinegar
- 1 ½ Tbsp. Soy Sauce
- ¼ Tbsp. Garlic Powder
- 1 Tbsp. Fresh Chives, Chopped
- ½ Maple Syrup
- 75g Soft Organic Tofu
- 175g Extra Firm Organic Tofu
- 4oz Button Mushrooms, Sliced
- 5 Cups Romaine or Iceberg Lettuce, Chopped
- ¾ Cups of Grape or Cherry Tomatoes
- ½ Cup Organic Corn Kernels

DIRECTIONS:

1. Tender Baked Tofu: Preheat oven to 375F. Line large backing sheet with parchment paper. Mix 1 Tbsp nutritional yeast, ½ Tbsp olive oil, ½ Tbsp soy sauce and garlic powder in a small bowl. Break hard tofu into small chucks and toss evenly to coat. Spread tofu evenly across baking sheet and bake for 30 minutes, until lightly golden.
2. Mushrooms: Mix 1Tbsp olive oil, maple syrup in a bowl. Slice mushrooms and gently toss evenly in sauce. Spread mushrooms in single layer on baking sheet and pour remaining sauce over them. Bake for 20 minutes until dark golden.
3. Dressing: Add soft tofu, ½ nutritional yeast, apple cider vinegar into blender and mix until smooth.
4. Salad Assembly: In a large platter, evenly spread chopped lettuce. Top with baked mushrooms, baked tofu, cherry tomatoes, and corn kernels. I like to display the veggies in rows for a rainbow effect. Add dressing and garnish with chives.

Coleslaw Salad

INGREDIENTS:

- ½ Head Green Cabbage. Shredded
- ¼ Head Red Cabbage, Shredded
- ½ Cup Carrots, Shredded
- 1/8 Cup Parsley, Finely Chopped
- 1 Block Soft Organic Tofu
- 3 Tbsp. Dijon Mustard
- 2 Tbsp. Lemon Juice
- 2 Tsp. Vinegar
- ¼ Tsp. Liquid Stevia Extract

DIRECTIONS:

1. Dressing: Add tofu, mustard, lemon juice, vinegar and liquid stevia to high speed blender.
2. Salad Assembly: Add cabbage, carrot and parsley to a large mixing bowl. Add as much dressing as you like, store leftover. Toss to coat. Cover and place in fridge for 1 hour to let flavors marinate. Toss once more before serving.

Caprese Salad

INGREDIENTS:

- 3-4 large fresh tomatoes
- 1 package firm tofu
- Juice of 1 lemon
- 2 ½ tsp sea salt
- 1 tsp black pepper
- Quality olive oil
- Basil to garnish

DIRECTIONS:

1. To prep and cure tofu, drain liquid from the container and use paper towel or a towel to remove excess water. I highly recommend using organic, non-GMO tofu. Given that it is a soy product, non-organic brands of tofu are very likely to be GMO.
2. Slice tofu into 1/3" thick pieces, about 2" by 3" in size.
3. Line a baking sheet with aluminum foil or saran wrap and place a cooling rack on top of the baking sheet.
4. Arrange tofu slices on baking sheet and squeeze lemon juice over the pieces, then flip and repeat on other side.
5. Sprinkle tofu slices with 2 teaspoons of sea salt.
6. Refrigerate, uncovered for 12 hours.
7. When you're ready to assemble, slice tomatoes into 1/3" rounds and set aside.
8. Layer tofu and tomato slices in alternating order on a plate. They can be laid flat or stacked, whichever you prefer.
9. Toss a generous helping of basil over the tofu and tomatoes, then drizzle as much olive oil as you like. Finish it off with a few pinches of salt and pepper and serve!

Greek Salad

INGREDIENTS:

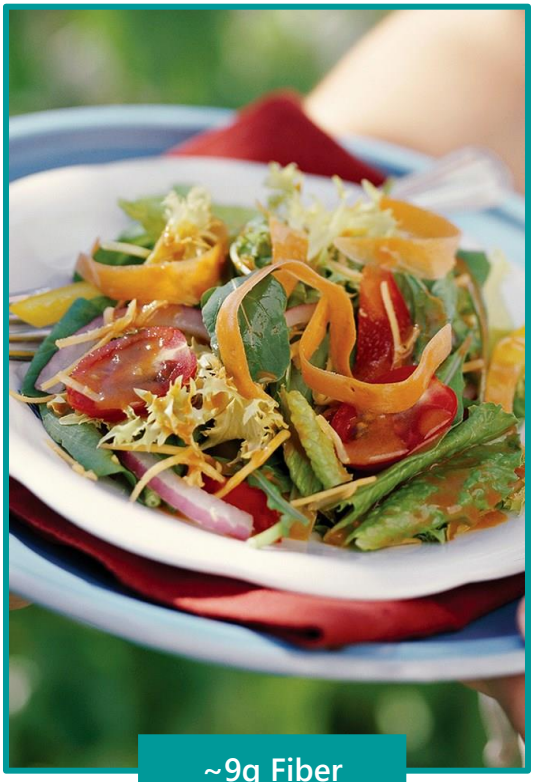
- ½ Block Firm Organic Tofu, Cubed
- ½ Cup Lemon Juice
- 1 Tbsp. Nutritional Yeast
- ½ Tsp. Sea Salt
- ¼ Tsp Garlic Powder
- ¼ Cup Apple Cider Vinegar
- 1/8 Cup Of Olive Oil
- ½ Tsp. Dried Oregano
- 1 Large Tomatoes, Chopped
- 1 Large Cucumber, Chopped
- 1 Head Romaine Lettuce
- ½ Medium Red Onion, Thinly Sliced
- ¼ Cup Black Pitted Olives
- ¼ Cup Green Bell Pepper

DIRECTIONS:

1. Tofu Cheese: Cut the tofu into 1cm cubes. Make the tofu feta by stirring the lemon juice, garlic, nutritional yeast and salt together in a medium bowl. Add the tofu cubes and gently toss to cost. Marinate for 30 minutes.
2. Dressing: While tofu marinates, whisk the olive oil, vinegar, dried oregano together in a small bowl until well mixed.

3. Salad Assembly: Place the chopped lettuce, cucumbers, tomatoes, green pepper, red onion and olives in a large bowl. Drain the tofu feta and add it to the bowl. Drizzle with dressing and gently toss to coat everything.

Garden Salad



INGREDIENTS:

- 3 Cups of Mixed Greens Salad
- 1 Carrot, Shaved
- ½ Cup Grape Or Cherry Tomatoes
- ¼ Cup Tomato Juice
- 3 Tbsp. Vinegar Of Your Choice
- 1 Tablespoon Honey
- 1 Tsp. Paprika
- ¼ Tsp. Garlic Powder

DIRECTIONS:

1. Dressing: Mix tomato juice, vinegar, honey, paprika and garlic powder into a small bowl until mixed well.
2. Salad Assembly: Place the mixed greens, shaved carrots and tomatoes in a large bowl. Drizzle with dressing and gently toss to coat everything.

Asian Salad

INGREDIENTS:

- 3 Cups Cabbage, Shredded
- 1 Cup Red Cabbage, Shredded
- ½ Cup Carrots, Shredded
- ½ Red Bell Pepper, Sliced Thin
- 1/8 Cup Slivered Almonds
- 2 Green Onions, Finely Sliced
- 1 Tbsp. Sesame Seeds
- ¼ Cup Soy Sauce
- 2 Tbsp. Rice Vinegar
- 2 Tbsp. Olive Oil
- ¼ Tsp. Garlic Powder
- 1 Tsp. Fresh Ginger, Grated
- 3 Large Pitted Dates

DIRECTIONS:

1. Dressing: Combine soy sauce, vinegar, oil, garlic, ginger and pitted dates in a small blender. Process until dates are completely ground and dressing is creamy.
2. Salad Assembly: Place the shredded cabbage, carrots, bell pepper, onion, sesame seeds and almonds in a large bowl. Drizzle with dressing and gently toss to coat everything.

Broccoli Salad

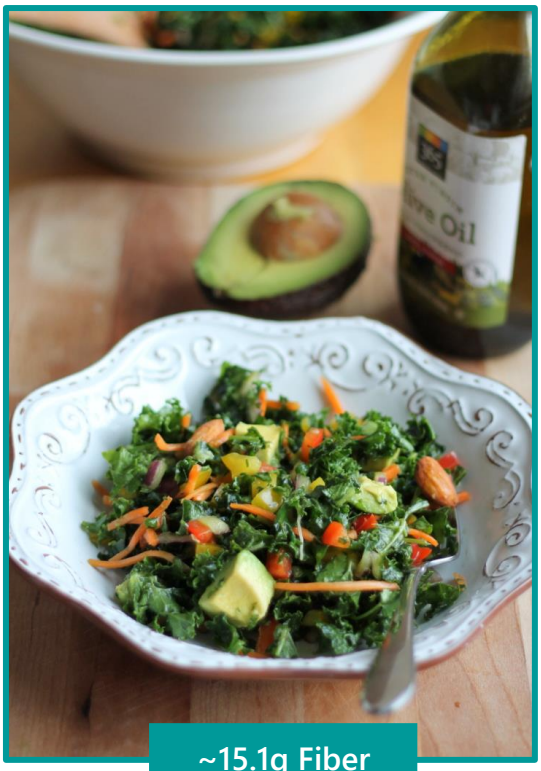
INGREDIENTS:

- 5 Cups Fresh broccoli Florets
- ¼ Cup Green Onions, Diced
- 1 Cup Frozen Peas, Thawed
- ½ Cup Grape Or Cherry Tomatoes
- ¼ Cup Raisins
- ½ Cup Raw Cashews, Soaked
- ¼ Cup Of Filtered Water
- 2 Tbsp. Maple Syrup
- 2 Tbsp. Apple Cider Vinegar
- ¼ Tbsp. Garlic Powder
- ½ Tsp. Sea Salt
- Freshly Ground Black Pepper.

DIRECTIONS:

1. Dressing: Place cashews in a bowl and soak for a least 1 hour. Drain cashews and add to blender with water, maple syrup, vinegar and garlic powder. Blend until completely smooth and creamy.
2. Salad Assembly: Place chopped broccoli, onions, tomatoes, peas and raisins in a large mixing bowl. Add dressing and toss thoroughly to coat. Season with salt and pepper to taste.

Kale Salad



INGREDIENTS:

- ½ Cup Lemon Juice
- 2 Tsp. Olive Oil
- ¼ Tsp. Garlic Powder
- 2 Bunches Of Kale, Steamed & Chopped
- 1 Red Bell Pepper, Diced
- 1 Cup Carrots, Shredded
- ½ Small Red Onion, Diced
- ½ Avocado, Diced

DIRECTIONS:

1. Dressing: Place lemon juice, olive oil, garlic and salt in bowl. Whisk together until combined and set aside.
2. Salad Assembly: In a large bowl, toss kale, bell peppers, onions and carrots together. Add dressing. Use hands to massage kale with dressing. Place in refrigerator for 30 minutes. Before serving, toss salad again. Top with almonds and avocado.

Cucumber Salad

~6.2g Fiber

INGREDIENTS:

- 2 English Cucumbers, Sliced
- 1 Medium Onion, Thinly Sliced
- ¼ Cup White Wine Vinegar
- 1/3 Cup Fresh Dill, Chopped
- 1 Tsp. Sea Salt
- 1 Tsp. Olive Oil
- ½ Tsp. Black Pepper

DIRECTIONS:

1. Dressing: Mix vinegar and oil. Stir well.
2. Salad Assembly: Slice cucumber into slices. Thinly sliced cucumbers into thin strips. Mix cucumber and onions in a large bowl. Pour dressing on top and mix thoroughly. Add fresh dill and salt and pepper to taste.

Breakfast

Chia Seed Breakfast Bowl

~12.3g Fiber

INGREDIENTS:

- ¼ Cup Chia Seeds
- 1 ½ to 2 Cups Milk Of Your Choice (Organic soy, almond, coconut, hemp or Oat)
- 2 Tbsp. Pure Maple Syrup
- 1 Tsp. Vanilla

DIRECTIONS:

1. Mix all ingredients in a bowl, whisk well to prevent clumping. Or blend all ingredients together using a high-speed blender. (Note: For thicker pudding, decrease amount of milk used.)
2. Store in an airtight container and refrigerate for an hour.
3. Serve with topping of your choice! Mangos, bananas, berries, kiwi, pineapple, cinnamon, maple syrup etc.

Green Veggie Smoothie Bowl

~13.5g Fiber

INGREDIENTS:

- ½ Large Avocado
- Handful of Frozen Broccoli
- 100g Frozen Spinach
- 2 Small Frozen Bananas, Peeled & Chopped
- 1 ¼ Cups of Milk (Organic soy, almond, coconut, hemp or Oat)
- ½ Tsp. Ground Vanilla
- Juice From 1 Lemon
- Toasted Coconut
- Freeze Dried Berries or Raisins
- Sunflower Seeds

DIRECTIONS:

1. Add avocado, broccoli, spinach, bananas, milk, vanilla and juice of 1 lemon to a blender and pulse until you have a creamy soft textured smoothie.
2. Pour into a bowl and add your toasted coconut, berries, sunflower seeds or toppings of choice and serve right away.

Fig Overnight Oats

INGREDIENTS:

- 2 Cups Gluten-Free Rolled Oats
- 2 Cups Almond Milk, Unsweetened
- 1 Vanilla Bean Pod
- 1 Tbsp. Chia Seeds
- 3 Dates, Pitted
- 4 Fresh Figs

~26.1g Fiber

DIRECTIONS:

1. In a large bowl, add rolled oats and chia seeds and set aside.
2. Using a pairing knife, gently split vanilla bean pod lengthwise into two halves. Carefully scrape out the tiny black seeds form the pod and place in blender. Add almond milk, dates and figs to blender and blend until mixture is fully combined.
3. Pour the delicious fig and vanilla milk over oats and stir to combine. Cover and refrigerate overnight.
4. In the morning, top oats with fresh figs or fruits of your choice and drizzle with honey if desired.

PB & Jam Smoothie

~11.6g Fiber

INGREDIENTS:

- 1 Ripe Banana
- 1 Cup Frozen Strawberries
- ¼ Cup Gluten-Free Rolled Oats
- 2 Tbsp. Peanut Butter Powder
- 1 Tbsp. Chia Seeds
- ½ Cup Almond Milk, Unsweetened
- 1 Tsp Honey

DIRECTIONS:

1. Add all the ingredients to a blender and blend until smooth.

(Note: You can also add ice cubes if you want it extra cool and ice cream like.)

Chocolate Smoothie

~12.3g Fiber

INGREDIENTS:

- 1 Frozen Banana
- 2 Medjool Dates, Pitted
- 2 Tbsp. Peanut Butter Powder
- 2 Tbsp. Raw Cocao Powder
- 1 Tbsp. Chia Seeds
- 1 Cup Raw Almond Milk

DIRECTIONS:

1. Add all the ingredients to a blender and blend until smooth.

   (Note: You can also add ice cubes if you want it extra cool and ice cream like.)

Banana Oat Pancakes

INGREDIENTS:

- 1 Cup Quick Rolled Oats, Gluten-Free
- ¾ Cups Nut Milk
- 2 Ripe Bananas
- 1 Tbsp. Pure Maple Syrup
- 2 Tbsp. Vegan Chocolate Chips
- 1 ½ Tsp. Baking Powder
- ½ Tsp. Ground Cinnamon
- ¼ Tsp. Sea Salt

DIRECTIONS:

1. In a blender, add banana and almond milk. Puree for 30 seconds or until thoroughly blended and smooth. Next, add oats, baking powder, and salt and blend again. About 1 minute. Set aside to thicken up.
2. After 5 minutes, the batter should be somewhat thick. Add a tablespoon or two of almond milk and blend again.
3. Lightly coat a large non-stick skillet or griddle with olive oil and heat over medium.
4. Drop batter by ¼ cup onto skillet and gently spread out a bit with a spoon.
5. Place 5-6 chocolate chips on top of each pancake and cook until bubbles appear on top, about 2 minutes. Gently flip cakes and cook until golden brown on underside, about 2 minutes.
6. Wipe skillet clean and re-oil. Repeat for remaining pancakes.
7. Top with fresh fruit and maple syrup.

Avacodo Toast

INGREDIENTS:

- 2 Slices Gluten Free Bread, Toasted
- ½ Avocado, Halved
- 1 Medium Rip Tomato, Thinly Sliced
- ½ Cup Cucumber, Thinly Sliced
- 1 Cup Baby Spinach
- ½ Cup Fresh Alfalfa Spouts
- 2 Tbsp. Lemon Juice
- Salt and Pepper, To Taste

DIRECTIONS:

1. Spread each toasted bread slice with avocado. Top with tomato, cucumber, spinach and alfalfa sprouts.
2. Sprinkle with salt and pepper and drizzle with lemon juice. Serve immediately.

Tofu Scramble

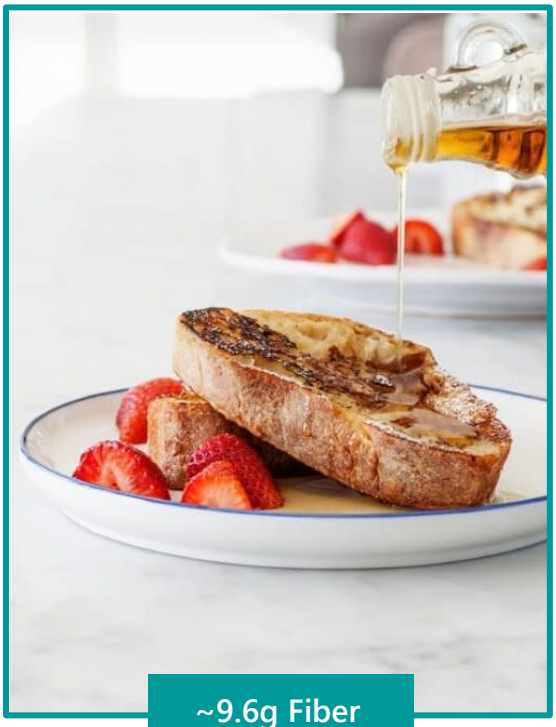
INGREDIENTS:

- 16 Oz. Firm Organic Tofu
- 1 Tbsp. Olive Oil
- 2 Tbsp. Nutritional Yeast
- 1 Tsp. Sea Salt
- ¼ Tsp. Turmeric
- ¼ Tsp. Garlic Powder
- 2 Tbsp. nut milk, unsweetened/unflavored

DIRECTIONS:

1. Heat the olive oil in a pan over medium heat. Mash the block of tofu right in the pan with a fork. Cook, stirring frequently, for 3-4 minutes until the water from the tofu is mostly gone.
2. Now add the nutritional yeast, salt, turmeric and garlic powder. Cook and stir constantly for about 5 minutes.
3. Pour the nut milk into the pan and stir to mix.
4. Serve immediately with sliced avocado and gluten free toast.

French Toast



INGREDIENTS:

- 2 Slices, Gluten-Free Bread, ½ Inch Thick
- 1/3 Cup Almond Milk
- 1 Tbsp. Maple Syrup
- 2 Tbsp. Millet, Spelt Flour
- 2 Tbsp. Nutritional Yeast
- 1 Tsp. Cinnamon Powder
- ¼ Tsp. Nutmeg Powder
- Pinch of Sea Salt
- Coconut Oil, For Pan
- Fresh Fruit

DIRECTIONS:

1. In a small bowl, whisk together the almond milk, maple syrup, flour, nutritional yeast, cinnamon, nutmeg and salt.
2. Place the bread in a shallow dish that holds all the bread. Pour the mixture over the bread, then lift or flip the break over to make sure both sides are evenly coated.
3. Heat a drizzle of coconut oil in a large skillet or medium heat. When the pan is hot, add the bread slices and cook for a few minutes per side, until golden brown.
4. Server with maple syrup and fresh fruit.

Breakfast Sandwich

INGREDIENTS:

- 3 oz. Extra Firm Organic Tofu
- 1 Tbsp. Nutritional Yeast
- ½ Tbsp. Olive Oil
- ½ Tbsp. Soy Sauce
- ½ Tbsp. Filtered Water
- ¼ Tsp Garlic Powder
- 1 Gluten-Free English Muffin, Halved
- ¼ Avocado, Mashed
- ½ Tomato, Sliced

DIRECTIONS:

1. Prepare Tofu: Mix the nutritional yeast, olive oil, soy sauce, water, and garlic powder together in a large resealable bag or a small casserole dish. Add the tofu pieces and turn them to coat evenly. Let marinate for a minimum of 30 minutes.
2. When you are ready to cook the tofu, heat a large skillet or frying pan over medium-high heat. When hot add the tofu slices and any remaining marinade. Cook for about 5 minutes on each side until golden brown. The marinade will get sticky and brown, so just push it onto the tofu with a spatula as this will add even more flavor.
3. Prepare Sandwich: Take the mashed avocado and spread it on the bottom layer of an English muffin. Top the avocado with a slice of tofu, add 1 - 2 tomato slices, and then add the English muffin top.

Crustless Tofu Quiches

INGREDIENTS:

- 1 pkg firm tofu
- 1 Tbsp. olive oil
- 1 clove garlic, minced
- 1 cup red bell pepper, diced
- 1 cup mushrooms, chopped
- 1 cup broccoli, cut into small florets
- 1 green onion stalk
- 1 tsp fresh rosemary, minced
- Black pepper to taste
- ¼ cup soy or almond milk
- 2 Tbsp. nutritional yeast
- 1 Tbsp. cornstarch
- 1 tsp tahini
- ¼ tsp onion powder
- ¼ tsp tumeric
- ½ tsp salt

DIRECTIONS:

1. Preheat oven to 190°C (375°F). Lightly grease muffin tins with cooking oil spray.
2. Heat oil in a large pan. Saute garlic, bell peppers, mushrooms and broccoli over medium heat until the mushrooms just begin to exude juice.
3. Stir in green onions, rosemary and black pepper. Remove from heat and set aside.
4. Using a food processor or blender, blend together tofu, soy beverage, nutritional yeast, cornstarch, tahini, onion powder, turmeric, and salt. Blend until completely smooth.
5. In a separate bowl, gently mix together the blended tofu mixture with the sautéed vegetables until well combined. Spoon equal portions of the mixture into the muffin tray and place in the oven.
6. Immediately reduce heat to 175°C (350°F). Bake until tops are golden brown and a knife comes out clean (25-35 minutes). Remove from oven and let cool for 10 minutes before serving.

Lunch

Cauliflower Pizza Crust

~13.5g Fiber

INGREDIENTS:

- ½ Medium Head of Cauliflower
- 1 ½ Tsp. Baking Powder
- ¼ Cup of Filtered Water
- 1/3 Cup Spelt Flour
- 1 Tsp. Dried Oregano
- ¼ Tsp. Garlic Powder
- ½ Tsp. Sea Salt

DIRECTIONS:

1. Line a baking sheet with parchment and set aside. Whisk together baking powder and water and set aside.
2. Chop cauliflower into small florets, then steam until fall-apart soft. Drain fully.
3. Preheat oven to 450 F.
4. Once cauliflower cools a little, place it in a clean dish towel or cheesecloth over a sink or bowl, and squeeze out as much moisture as possible. At least 2/3 cup water should come out – You want it as dry as possible. Place the squeezed-out cauliflower into a medium bowl and add the flax mixture. Mash and stir well. Then stir in flour.
5. Form into a ball, and place on top of the parchment-lined baking sheet. Pat into a circle, then use another sheet of parchment on top (and a rolling pin, if desired) to spread the circle to about 1/4 inch thick. (Take off the top sheet of parchment before baking.)
6. Bake 25 minutes, or until lightly browned with crispy edges.
7. Remove and add toppings of choice. Vegan cheese and or veggies you normally like on a pizza.
8. Bake an additional 8 minutes. Allow to cool 5 minutes, then slice and enjoy!

Tomato & Lentil Stew

INGREDIENTS:

- 1 Cup Uncooked Green Lentils
- 1 Medium Yellow Onion, Peeled & Diced
- 1 Can Crushed Tomatoes
- 2 Cups Filtered Water
- 2 Tbsp. Olive Oil
- 2 Gloves Garlic, Minced
- 1 ½ Tsp. Dried Rosemary
- 1 Tsp. Sea Salt
- ¼ Tsp. Crushed Red Pepper Flakes
- 2 Tsp. Balsamic Vinegar
- 2 Sprigs of Fresh Thyme

DIRECTIONS:

1. Heat the olive oil in a dutch oven or large stock pot over medium heat. Add the onion and cook for 6 minutes or until soft and translucent, stirring occasionally. Add the garlic, dried rosemary, sea salt, and red pepper flakes, and cook for another 1 to 2 minutes or until the garlic softens, stirring frequently.
2. Add the lentils, crushed tomatoes, filtered water, and balsamic. Stir to combine and nestle the sprigs of thyme into the liquid. Increase heat to medium-high and bring to a rapid boil. Then, reduce heat to low, cover, and simmer for 30 to 35 minutes or until the lentils are tender.
3. Carefully remove the thyme sprigs. Taste and season with more sea salt, if desired. I typically don't add any additional salt; however, feel free to season as you wish.

Collard Green Chickpea Wraps w

INGREDIENTS:

- 2 Cups Cooked Chickpeas
- 2 Cups Baby Spinach, Chopped
- ¼ Cup Red Onion, Finely Chopped
- 1 Large Lemon, Juiced
- 1 Tsp. Dijon Mustard
- 1 Garlic Clove, Minced
- 1 Tsp. Ground, Cumin
- ¼ Tsp. Paprika
- Black Pepper To Taste
- Large Lettuce or Collar green Leaves

DIRECTIONS:

1. Combine the drained chickpeas, spinach, and onion in a large bowl.

2. In a separate bowl, whisk together the lemon juice, mustard, garlic, cumin, and smoked paprika until well combined.

3. Pour the dressing on top of the chickpea mixture and stir well. Add pepper to taste. Let the salad marinate for about 15-30 minutes.

4. Place collard leaves flat on a cutting board (so that the stem is pointing up) and carefully shave down the length of the stem with a paring knife (being careful not to cut through the leaf). Repeat for each leaf.

5. Place leaves cut side down and scoop some of the filling in a vertical column (going the same direction as the stem) on one side of the leaf. Fold the top and bottom flaps of the leaf toward the center. Starting from the side with the filling, carefully roll from one side to the other. Slice in half if desired. Enjoy!

Carrot Hot Dogs

INGREDIENTS:

- 2 Medium Carrots, Peeled & Trimmed
- 1 Tbsp. Olive Oil
- ¼ Cup Vegetable Broth
- ¼ Apple Cider Vinegar
- 2 Tbsp. Soy Sauce
- 1 Tsp. Maple Syrup
- 2 Tbsp. Nutritional Yeast
- ½ Tsp. Garlic Powder
- ½ Tsp. Smoked Paprika
- 2 Gluten-Free Hot Dog Buns
- Ketchup & Mustard To Taste

DIRECTIONS:

1. Add the carrots to a small roasting pan and toss with olive oil. In a small bowl, whisk together broth, vinegar, soy sauce, maple syrup, nutritional yeast, garlic powder, paprika and liquid smoke. Pour over carrots and cover pan with foil. Let sit for 30 minutes.
2. Preheat oven to 425°. Place the foil-covered baking dish in the oven and roast carrots for 30 minutes. Remove the foil and roast for another 20 minutes, until the carrots are just tender enough to stab with a fork.
3. Place carrots in hot dog buns, serve with ketchup and mustard.

Black Bean & Cauliflower Rice

INGREDIENTS:

- 1 Can Black Beans, Rinsed & Drained
- 1 Large Head of Cauliflower
- 2 Tbsp. Olive Oil
- 3 Cloves Fresh Garlic, Minced
- ½ Cup Sweet Onion, Finely Chopped
- ½ Cup Red Bell Pepper, Diced
- ½ Cup Fresh Parsley, Diced
- Sea Salt & Black Pepper, To Taste

DIRECTIONS:

1. Rinse and drain black beans. After removing excess water, place on paper towels or flat surface for remaining water to evaporate while preparing the vegetables.
2. Cut cauliflower into florets and remove the thick core. Pulse in small batches in food processor to make "rice". See picture in post for proper consistency. Empty into large bowl and repeat. If there are uncut pieces of the core, remove them and discard. A box grater can be used as an alternative to a food processor. You will need about 3 full rounded cups of cauliflower "rice". Set aside.
3. Begin warming olive oil in medium/large skillet over medium heat. Add garlic to olive oil and saute until golden. Add onion, bell pepper, cayenne pepper, salt and black pepper to garlic, stirring occasionally, and continue sautéing until onion begins to turn translucent. Add pickled jalapeno and stir. Pour cauliflower on top of vegetables, sprinkle well with salt and black pepper, then mix. Continue cooking approx. 5-7 minutes (until cauliflower is soft but not mushy) flipping and stirring about half way through. Add black beans and cook additional 2 minutes (enough to warm and gently soften beans). Add parsley, mix well and serve.

Grilled Vegetable Wrap

INGREDIENTS:

- 1 Medium Sized Eggplant
- 1 Large Zucchini
- 1 Red Bell Pepper
- 2 Tbsp. Olive Oil
- ½ Tsp. Sea Salt
- ½ Tsp. Black Pepper
- ¾ Tsp. Ground Dried Rosemary
- ¼ Cup Hummus
- 2 Gluten-Free, Organic Tortillas
- 6 Large Basil Leaves, Thinly Sliced

DIRECTIONS:

1. Preheat the grill to medium heat.
2. Cut the eggplant into ½-inch slices (total 12 slices). Cut the zucchini in half crosswise. Cut each half into ¼/-inch slices (total 8 slices).
3. Lay the eggplant and zucchini slices on a baking sheet. Brush on both sides with olive oil and season with salt and pepper.
4. Grill until the vegetables are tender, but not overcooked, about 4 minutes per side for the eggplant and 3 minutes per side for the zucchini and red bell pepper.
5. Transfer the vegetables to a cutting board and cut them into strips.
6. Spread 1 tablespoon on each tortilla and divide the grilled vegetables and basil leaves between the 4 wrap sandwiches.
7. Fold up the bottom of the tortilla and fold in the sides. Serve.

Greek Quinoa Bowls

INGREDIENTS:

- 1 Cup Quinoa
- 1 ½ Cups Filtered Water
- 1 Cup Chopped Green Bell Pepper
- 2 Tbsp. Olive Oil
- 3 Tbsp. Apple Cider Vinegar
- 2 Tbsp. Fresh Parsley
- Sea Salt & Black Pepper To Taste

DIRECTIONS:

1. Preheat First rinse and drain your quinoa using a mesh strainer or sieve.
2. Bring a medium saucepan to medium heat and lightly toast the quinoa to remove any excess water. Stir as it toasts for just a few minutes. This step is optional but really adds to the nuttiness and fluff factor of the quinoa!
3. Next add your water, set burner to high, and bring to a boil.
4. Once boiling, reduce heat to low and simmer, covered with the lid slightly ajar, for 12-13 minutes or until quinoa is fluffy and the liquid has been absorbed.
5. While the quinoa cooks, chop and prep the remaining ingredients and whisk together your dressing ingredients.
6. Snag your now-fluffy quinoa from the pot and give it a little fluff with a fork.
7. For a chilled salad, you can pop the quinoa in the fridge for a few minutes prior to adding your veggies or simply let it cool on the countertop for a few minutes for a room temperature quinoa bowl. Totally up to you!
8. For the super simple vinaigrette, whisk together olive oil, apple cider vinegar, salt, and pepper. Pour over your quinoa bowl and toss with a pair of forks or salad servers.
9. Add any additional salt and pepper to taste, if desired.

Sweet Black Bean Chili

~13.3g Fiber

INGREDIENTS:

- 1 Medium Yellow Onion, Diced
- 1 Medium Sweet Potato, Chopped
- 1/3 Jar of Salsa
- ½ Can of Black Beans
- ½ Cup Vegetable Stock
- ½ Cup Filtered Water
- 1 Tbsp. Olive Oil
- 1/3 Tsp. Chili Powder
- ¼ Tsp. Chipotle Powder

DIRECTIONS:

1. In a large pot over medium heat, sweat onions in 1 Tbsp oil and season with a healthy pinch each salt and pepper (amounts as original recipe is written // use more or less if altering batch size). Stir and continue cooking on medium heat until translucent and soft.
2. Add sweet potato and any desired spices at this time. Cook for 3 minutes. Then add salsa, water, and vegetable stock.
3. Bring mixture to a low boil on medium high heat and then lower heat to medium-low and simmer. Add black beans, cover and cook for at least 20 minutes more, preferably 30 - or until the sweet potatoes are fork tender and the soup and thickened. This soup is at its best when prepared the night before or allowed to rest for a few hours, so the flavor marries with the vegetables and beans.

Pulled Tofu and Slaw on a Bun

INGREDIENTS:

- 1 Cup Cabbage Mix, Shredded
- 1 Gluten-Free Sandwich Buns
- ½ Cup Butler Soy Curls™
- 1 Tbsp. Vegan Mayonnaise
- ¼ Tsp. White Wine Vinegar
- ¼ Tsp. Lemon Juice
- 1/8 Tsp. Garlic Powder
- Pinch of Sea Salt
- BBQ Sauce of Choice

DIRECTIONS:

1. To Make Coleslaw: Combine vegan mayonnaise, white wine vinegar, lemon juice, granulated garlic, granulated onion, and pinch of salt in bowl. Add shredded cabbage mix and thoroughly combine. Set aside or cover & put in the refrigerator if making the sandwiches at a later time.
2. To Make Soy Curls: Place soy curls on a medium sized pan on low to medium heat. Cover with BBQ sauce of choice and cook until warm and thoroughly covered.
3. To Make Sandwich: Top two of the buns with any optional toppings like vegan mayonnaise, barbecue sauce, pickle slices, or chopped onions. Add a few generous spoonsful of vegan BBQ Soy Curls, and then a mound of vegan coleslaw. Cover the sandwiches with the remaining buns and serve.

Dinner

Mediterranean Zucchini Noodles

INGREDIENTS:

- 2 Large Zucchini or Package of Store Bought Zucchini Noodles
- 1 Tsp. Olive Oil
- 4 Cloves Garlic, Diced
- ½ Cup cherry Tomatoes, Cut In Half
- ½ Cup Jarred Artichoke Hearts
- ¼ Cup Sun-Dried Tomatoes
- 2 oz. Plain Hummus
- 1 Tsp. Oregano
- ½ Tsp. Red Wine Vinegar
- Sea Salt & Black Pepper To Taste
- Optional: Vegan Parmesan & Basil

DIRECTIONS:

1. Cut ends off of zucchini and spiralize. Set aside.
2. Heat olive in a pan over medium heat.
3. Add garlic and cherry tomatoes to the pan and sauté until tomatoes begin to burst (approx. 3-4 minutes).
4. Add zucchini noodles, artichoke hearts, sun-dried tomatoes, hummus, oregano and red wine vinegar to the pan. Sauté for 1-2 minutes, or until zucchini is tender-crisp* and everything is heated through.
5. Taste and add salt & pepper as needed.
6. Serve immediately with vegan parmesan and fresh basil.

Cashew Cauliflower Chicken

INGREDIENTS:

- 1 Large Head Cauliflower
- 1 Cup Nut Milk, Unsweetened
- 1 Tbsp. Lemon Juice
- 1 Cup Raw Cashews
- ¾ Tsp. Garlic Powder
- 3 Tbsp. Arrowroot Powder
- 1 Tbsp. Olive Oil
- 2 Tsp. Paprika
- Sea Salt to Taste

DIRECTIONS:

1. Preheat oven to 425F and line a large baking sheet with parchment paper.
2. TO CUT "Chicken," trim the stem and leaves off the cauliflower, being careful not to remove the center of the stem as it's what holds the "chicken" together.
3. Add 1 inch water and a steamer basket to a large pot and bring to a low boil over medium-high heat. Once simmering, add cauliflower "chicken," cover, and steam for 4-5 minutes to partially cook. This will soften the "chicken" to speed baking time and ensure the inside is tender when the exterior is crispy and brown. Once slightly softened, remove and set aside on a separate dish.
4. In the meantime, prepare your vegan buttermilk by adding cashew or almond milk to a shallow dish (shallow and wide enough to dip the cauliflower in) and add lemon juice. Stir and set aside.
5. Next, prepare the cashew coating by adding cashews, salt, cayenne pepper (optional), garlic powder, curry powder, paprika, and arrowroot starch to a food processor. Mix until a semi-fine meal is achieved. A little texture is okay, but you want it pretty fine so it can coat the cauliflower. Transfer coating to a shallow dish (again, shallow and wide enough to dip the cauliflower in) and set aside.

6. Dip the slightly steamed cauliflower “chicken” in the almond buttermilk, ensuring both sides are adequately coated. Then set back on platter (where excess will drip off) and season both sides with a pinch of salt.
7. Next, dredge the cauliflower in the cashew coating until thoroughly coated, using a spoon or your hands to add more coating to any bare spots. Then transfer cauliflower “steaks” to your prepared baking sheet (with or without a cooling rack). Lastly, drizzle with a little olive oil to help them crisp up (optional but recommended).
8. Bake for 25-35 minutes, or until the cauliflower “chicken” is easily pierced with a knife and the exterior appears golden brown and crispy. Remove from oven to cool slightly.

20 Minute, Tofu Stir-Fry

INGREDIENTS:

Tofu

- 1 Cup Extra Firm Organic Tofu, Cubed
- 1 Tbsp. Soy Sauce
- 2 Tsp. Sesame Oil

Sauce

- 2 Tbsp. Peanut Butter, Made with Powder
- 3 Tbsp. Soy Sauce
- 1 Tbsp. Maple Syrup

Stir Fry

- 1 Cup Shitake Mushrooms, Chopped
- 1 Cup Red Cabbage, Thinly Sliced
- 1 Cup Red Bell Pepper, Thinly Sliced
- 2 Cloves Garlic, Minced
- ¼ Cup Green Onion, Thinly Sliced
- 1 Tbsp. Fresh Ginger, Minced

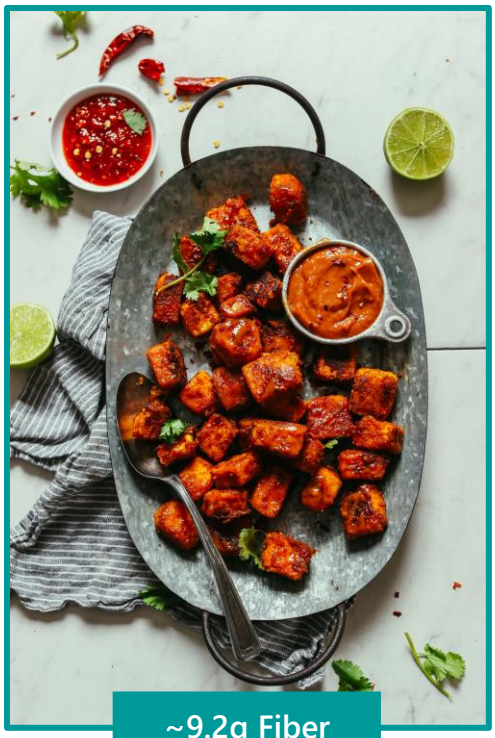
DIRECTIONS:

1. If you haven't done so already, prepare cauliflower rice or quinoa.
2. Add cubed or crumbled tofu to a plate or shallow dish along with soy sauce and chili garlic sauce (optional) and gently toss/stir to coat. Set aside to briefly marinate.
3. Next, prepare sauce by adding all ingredients to a mixing bowl and whisking to combine. Taste and adjust flavor as needed, adding more chili garlic sauce for heat,

lime juice for acidity, maple syrup for sweetness, peanut butter to thicken, or soy sauce for saltiness and depth of flavor. Set aside.

4. Heat a large rimmed skillet (or wok) over medium-high heat. Once hot, add sesame oil (or water) and marinated tofu (including any remaining soy sauce) and cook until brown, gently flipping a few times to ensure even cooking. Remove from skillet and set aside.
5. Return the same skillet to medium-high heat. Once hot, add sesame oil, mushrooms, cabbage, and bell pepper and stir to sauté veggies. Cover and cook 2-3 minutes, stirring occasionally.
6. Next, add garlic, green onion, and ginger. Stir, cover, and cook for another 1-2 minutes.
7. Use a wooden spoon (or similar utensil) to move the veggies to one side of the pan. Add cauliflower rice (or cooked grains) to the other side of the pan. Cover and cook for 2 minutes or until slightly browned.
8. Return cooked tofu to the pan, add sauce, and stir fry for a few minutes, tossing/stirring occasionally until sauce is well incorporated and all ingredients are hot.

Baked Peanut Tofu



INGREDIENTS:

- 14 Oz. Extra Firm Organic Tofu
- 3 Tbsp. Soy Sauce
- 1 Tsp. Sesame Oil
- 3 Tbsp. Maple Syrup
- 4-5 Tbsp. Arrowroot
- 2 ½ Tbsp. Peanut Butter Powder
- ¼ head of cabbage

DIRECTIONS:

1. Preheat oven to 400F and line a baking sheet with parchment paper.
2. Start pressing tofu using a tofu press, or wrap in clean, absorbent towel and set something heavy — like a cast iron skillet or books — on top to press out the moisture. Press for about 15-20 minutes.
3. In the meantime, prepare peanut sauce by combining peanut butter powder & water, soy sauce, 1 Tbsp. maple syrup, and sesame oil in a small mixing bowl and whisking thoroughly to combine. Set aside.
4. Cut pressed tofu into 3/4-inch cubes and add to a large plate. Top with sauce. Gently toss to combine using a spoon. Let marinate 2-3 minutes, tossing occasionally.
5. Use a slotted spoon or your hands to transfer tofu to a quart-size or large freezer bag. Add arrowroot 1 Tbsp at a time and toss to coat. Continue adding more arrowroot and tossing until tofu is coated in a gummy, white layer.
6. Transfer tofu to the prepared baking sheet and bake for about 20-25 minutes, flipping at the 18-minute mark to encourage even baking. It should be firm to the touch, firm on the edges, and slightly browned on the exterior once removed from the oven. Bake slightly longer if needed.
7. Heat a large metal or cast iron skillet (12 inch) over medium heat. Once hot, add tofu and the peanut sauce. Toss to coat. Stirring frequently, sauté the tofu until it is coated in sauce. Serve on bed of thinly sliced cabbage.

Lean and Healthy Parmesan

~13.2g Fiber

INGREDIENTS:

Herbed Ricotta

- 2 Cups Raw Cashews, Soaked
- ½ Cup Filtered Water
- 2 Garlic Cloves
- 2 Tbsp. Nutritional Yeast
- 2 Tsp. Lemon Juice
- ½ Tsp. Sea Salt
- 2 Tbsp. Fresh Parsley, Chopped
- 1 Tbsp. Fresh Chives, Chopped
- 1 Tbsp. Fresh Oregano
- 1/8 Tsp. Black Pepper

Tempeh "Beef"

- 12 Oz. Tempeh
- 1 Tbsp. Soy Sauce
- ½ Tsp. Dried Sage
- ½ Tsp. Dried Oregano
- ½ Tsp. Dried Parsley
- ¼ Tsp. Paprika
- 1/5 Tsp. Black Pepper
- 1 Tbsp. Olive Oil
- ½ Small Yellow Onion, Diced
- 2 Cloves Garlic, Minced

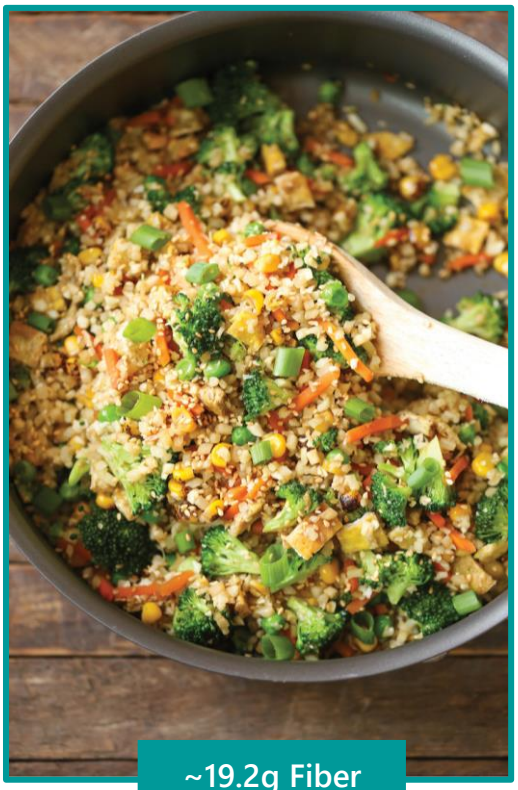
Everything Else

- 2 Large Zucchinis
- 1 Jar Marinara Sauce
- ¼ Cup Vegan Parmesan (Found at Health Grocery Store)

DIRECTIONS:

1. Preheat the oven to 375.
2. Drain and rinse the cashews. Place them in a food processor along with the remaining ingredients and pulse until the cashews are broken down and resemble ricotta cheese. Once it resembles ricotta, add the remaining herbed ricotta ingredients and blend until herbs are well incorporated. Set aside until ready to use.
3. Crumble up the tempeh in a bowl into small pieces. Mix in soy sauce, herbs, spices, and pepper. Heat cooking oil over medium heat in a heavy bottom pan. Add onions and garlic and sauté for 5 minutes, stirring frequently, until onions are fragrant and translucent. Add seasoned tempeh and sauté until tempeh is lightly browned. Remove from heat and set aside.
4. Cut 1" off each end of the zucchinis. Using a mandolin slicer set at .5mm, slice the zucchini lengthwise to get flat lasagna "noodles".
5. Layer a 7x11 pan with 1/2 cup of marinara sauce. Top with one layer of zucchini. Add a layer of herbed ricotta, tempeh beef, and marinara sauce in that order. Repeat once more ending with marinara sauce. Add one final layer of zucchini and marinara sauce. Top with vegan parmesan cheese.
6. Cover in foil and bake for 35 minutes. Uncover and bake an additional 15 minutes until parmesan is golden brown and sauce underneath is bubbling up.
7. Let sit 10 minutes before serving.

Cauliflower Rice



INGREDIENTS:

- 1/2 head cauliflower (cut into florets)
- 2 Tbsp. Soy Sauce
- 1 Tbsp. Freshly Grated Ginger
- ¼ Tsp. White Pepper
- 2 Gloves Garlic, Minced
- 1 Onion, Diced
- 1 Cup Broccoli Florets, Chopped
- 2 Carrots, Peeled and Grated
- ½ Cup Frozen Organic Corn
- ½ Cup Frozen Peas
- 2 Green Onions, Thinly Sliced
- ½ Tsp. Sesame Seeds

DIRECTIONS:

1. To make the cauliflower rice, pulse cauliflower in the bowl of a food processor until it resembles rice, about 2-3 minutes; set aside.
2. In a small bowl, whisk together soy sauce, sesame oil, ginger and white pepper; set aside.
3. Heat 1 tablespoon vegetable oil in a medium skillet over low heat. Add eggs and cook until cooked through, about 2-3 minutes per side, flipping only once. Let cool before dicing into small pieces; set aside.
4. Heat remaining 1 tablespoon vegetable oil in a large skillet or wok over medium high heat. Add garlic and onion to the skillet, and cook, stirring often, until onions have become translucent, about 3-4 minutes. Stir in broccoli, carrots, corn and peas, and cook, stirring constantly, until vegetables are tender, about 3-4 minutes.
5. Stir in cauliflower, eggs, green onions and soy sauce mixture. Cook, stirring constantly, until heated through and the cauliflower is tender, about 3-4 minutes.
6. Serve immediately, garnished with sesame seeds, if desired.

Cauliflower Green Curry

INGREDIENTS:

- ¾ Cup Split Mung Beans
- 2 Tbsp. Coconut Oil
- 2 Medium Shallots, Thinly Sliced
- 2 Tbsp. Fresh Ginger
- 2 Cloves Garlic, Minced
- 5 Tbsp. Green Paste
- 2 Cups Cauliflower, Roughly Chopped
- 1 Can Light Coconut Milk
- 2 Tbsp. Soy Sauce
- 1 Tbsp. Maple Syrup
- 3-4 Cups Kale, Chopped
- 2 Tbsp. Fresh Lime Juice

DIRECTIONS:

1. Add beans to a bowl (or pot) and cover with water. Allow to soak for at least 1 hour, or overnight. Then rinse, drain, and set aside.
2. Heat a large rimmed skillet or pot over medium heat. Once hot, add oil, shallot, ginger, and garlic. Sauté for 2-3 minutes, stirring frequently. Then add curry paste and cook for 1-2 minutes more.
3. Add cauliflower and sauté a few minutes. Add milk and stir to combine. Bring to a simmer. Then add soaked drained beans, soy sauce, and maple syrup and stir.
4. Return to a simmer and cook for approximately 15-20 minutes or until beans are tender. In the last 5 minutes of cooking, add kale and stir until wilted (about 3 min).
5. Taste and adjust flavor as needed, adding lime juice for acidity, maple syrup for sweetness, soy sauce for saltiness, or green curry paste for more intense curry flavor.
6. Serve plain like a stew, or over grains like rice or quinoa. Garnish with cashews and lime juice (both optional). Store leftovers in the refrigerator up to 4-5 days, or in the freezer up to 1 month. Reheat in the microwave or on the stovetop. Rehydrate with water or coconut milk as needed.

Portobello Steaks

INGREDIENTS:

Mushrooms

- 3-4 Large Portobello Mushrooms
- 1/3 Cup Balsamic Vinegar
- 2 Tbsp. Olive Oil
- ½ Tsp. Black Pepper
- ¼ tsp. Paprika
- 3 Cloves Garlic, Minced
- 1 Tbsp. Steak Sauce

Topping

- 1 ½ Cups Parsley, Finely Chopped
- 3 Cloves Garlic, Minced
- 1 Medium Shallot, Minced
- ¼ Tsp. Red Pepper Flakes
- 3 Tbsp. Lemon Juice
- 1 Small Ripe Avocado
- Sea Salt and Pepper to Taste

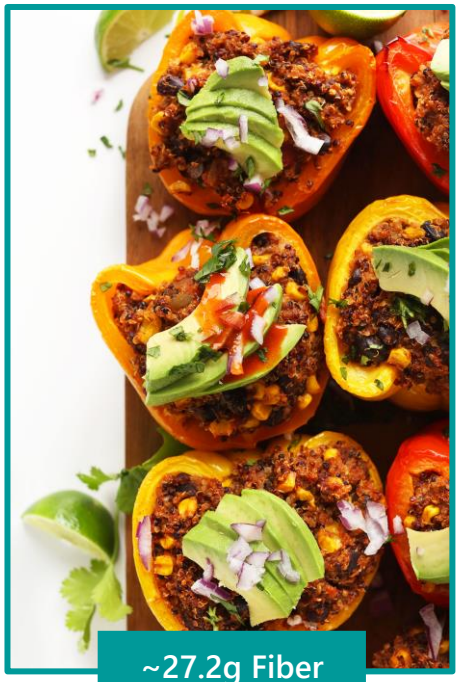
DIRECTIONS:

1. Add portobello mushrooms to a shallow baking dish or large freezer bag. Set aside.
2. In a small mixing bowl, whisk together balsamic vinegar, olive oil, cumin, black pepper, paprika, garlic, and steak sauce (optional). Taste and adjust seasonings as needed.
3. Add sauce to the mushrooms and use a pastry brush to brush on all sides. Marinate on one side for 5 minutes, then the other side for 5 minutes.
4. In the meantime, prepare chimichurri by adding parsley, garlic, shallot, red pepper flake, olive oil, lemon juice, salt, and pepper to a medium mixing bowl and whisking

to combine. Taste and adjust flavor as needed, adding more lemon juice for acidity, salt for flavor, or red pepper flake for heat. Add avocado and toss to combine. Set aside.

5. Heat a grill or a large skillet over medium heat. Cook on each side for 2-3 minutes, or until caramelized and deep golden brown. Brush on any remaining marinade while cooking to infuse more flavor.

Quinoa Stuffed Peppers



INGREDIENTS:

- 1 Cup Quinoa, Rinsed & Drained
- 2 Cups Vegetable Stock
- 4 Large Red Peppers, Halved, Seeds Removed
- ½ Cup Salsa
- 1 Tbsp. Nutritional Yeast
- 2 Tsp. Cumin
- 1 ½ Garlic Powder
- 1 15 Oz. Can Black Beans
- 1 Cup Organic Corn

DIRECTIONS:

1. Add quinoa and vegetable stock to a saucepan and bring to a boil over high heat. Once boiling, reduce heat, cover, and simmer until all liquid is absorbed and quinoa is fluffy - about 20 minutes.
2. Preheat oven to 375 degrees F (190 C) and lightly grease a 9x13 baking dish or rimmed baking sheet.
3. Brush halved peppers with a neutral, high heat oil, such as avocado oil or refined coconut oil.
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients - salsa through corn. Mix to thoroughly combine then taste and adjust seasonings accordingly, adding salt, pepper, or more spices as desired.
5. Generously stuff halved peppers with quinoa mixture until all peppers are full, then cover the dish with foil.
6. Bake for 30 minutes covered. Then remove foil, increase heat to 400 degrees F (204 C), and bake for another 15-20 minutes, or until peppers are soft and slightly golden brown. For softer peppers, bake 5-10 minutes more.
7. Serve with desired toppings (listed above) or as is. Best when fresh, though leftovers keep covered in the refrigerator for 2-3 days. Reheat in a 350-degree F (176 C) oven until warmed through - about 20 minutes.

Quinoa Taco Meat

INGREDIENTS:

- 1 Cup Quinoa
- 1 Cup Vegetable Broth
- ¾ Cup Filtered Water
- ½ Cup Salsa
- 1 Tbsp. Nutritional Yeast
- 2 Tsp. Ground Chili Powder
- ½ Tsp. Garlic Powder
- ½ Tsp. Each Sea Salt and Black Pepper
- 1 Tbsp Olive Oil

DIRECTIONS:

1. Heat a medium saucepan over medium heat. Once hot, add rinsed quinoa and toast for 4-5 minutes, stirring frequently.
2. Add vegetable broth and water and bring back to a boil over medium-high heat. Then reduce heat to low, cover with a secure lid, and cook for 15-25 minutes, or until liquid is completely absorbed. Fluff with a fork, then crack lid and let rest for 10 minutes off heat.
3. Preheat oven to 375 degrees F (190 C).
4. Add cooked quinoa to a large mixing bowl and add remaining ingredients (salsa, nutritional yeast, cumin, chili powder, garlic powder, salt, pepper, and oil). Toss to combine. Then spread on a lightly greased (or parchment-lined) baking sheet.
5. Bake for 20-35 minutes, stirring/tossing once at the halfway point to ensure even baking. The quinoa is done when it's fragrant and golden brown. Be careful not to burn!
6. This quinoa taco meat goes extremely well in crispy taco shells and soft taco shells, and I also think it would be perfect on nachos, taco salads, tostadas, and in enchiladas. Dream big!
7. Store leftovers in the refrigerator up to 4-5 days. Reheat in the microwave, in a 350 degree F (176 C) oven, or in a skillet on the stovetop.

Snacks

Coconut Cream Larabars

INGREDIENTS:

- 2 Cups Dates, Pitted
- ¼ Cup Raw Cashews
- ¼ Cup Raw Almonds
- ¼ Cup Shredded Coconut, Unsweetened
- 1 Tbsp. Coconut Oil

DIRECTIONS:

1. Prepare Line an 8 x 8-inch pan or loaf pan with parchment paper and set aside.
2. In a high-speed blender or food processor, add your raw cashews and raw almonds and blend until a coarse texture remains- Do not over blend or you'll be left with nut butter.
3. Add your pitted dates and blend until just combined. Add your unsweetened shredded coconut and continue blending, scraping down the sides at regular intervals. Once a thick dough remains, add your coconut oil and blend once more.
4. Pour your batter into the lined pan and press firmly in place. Refrigerate until firm, before slicing into 12 bars.

Cheezy Kale Chips

INGREDIENTS:

- 10 Oz. Kale Leaves, Stems Removed
- 2 Tbsp. Olive Oil
- ¼ Cup Raw Cashews
- 6 Tbsp. Nutritional Yeast
- ¼ Tsp. Each Sea Salt & Black Pepper
- 1 Tsp. Garlic Powder

DIRECTIONS:

1. Prepare Preheat oven to 300 degrees F (148 C).
2. Add kale to a large mixing bowl and drizzle with oil. Use hands to massage the kale to soften its texture and disperse the oil. Set aside.
3. Add cashews, 4 Tbsp nutritional yeast, salt, pepper, and garlic pepper to a food processor and blend/pulse into a fine meal, scraping down sides as needed.
4. Add spice mixture to the kale and toss with hands to distribute, working it into the grooves so it's thoroughly coated.
5. Divide kale between 2 large baking sheets and spread into an even layer, making sure the pieces aren't overlapping to ensure crispiness. You may need to bake them in two batches depending on size of baking sheets.
6. Sprinkle the kale with remaining 1-2 Tbsp nutritional yeast for extra flavor and bake for 15 minutes. Then remove from oven and toss/flip kale to ensure even baking.
7. Bake for 5-10 minutes more, or until chips are crispy and golden brown. Watch carefully to ensure they don't burn. Let cool slightly before enjoying.
8. Once completely cooled, store leftovers in a large plastic bag or container for 2-3 days. The crispy texture begins fading past 24 hours, so enjoy as close to baking as possible!

Chili Salt Edamame

INGREDIENTS:

- 1 Bag of Frozen Edamame
- ¼ Tsp. Sea Salt
- 1/8 Tsp. Garlic Powder
- ¼ Teaspoon Red Chili Flakes

DIRECTIONS:

1. Cook and drain edamame according to package directions. (This is a great time to use the microwave.)
2. In a small bowl, mix together the salt and garlic powder.
3. While edamame is still very hot, sprinkle with garlic salt and chili flakes. Toss to distribute evenly. Serve immediately.

Roasted Chickpeas

INGREDIENTS:

- 1 Can of Chickpeas (Drained & Dried)
- 1 Tbsp. Olive Oil
- ½ Tsp. Sea Salt
- 1 Tsp. Seasoning of Choice

DIRECTIONS:

1. Preheat oven to 350 degrees F (176 C) and set out a bare baking sheet.
2. Drain chickpeas well. If using oil, rinse well with water and thoroughly drain. If omitting oil, simply drain well and skip rinsing with water.
3. Once drained well, spread the chickpeas out on a clean, absorbent towel and use your hands to gently roll and dry the chickpeas. Some of the skins should start coming off.
4. Transfer the chickpeas to a mixing bowl and top with oil and salt. Mix well to combine. DO NOT add the other seasoning at this point - it can interrupt the crisping process, so wait to add until after baking.
5. Bake for a total of 45-50 minutes or until golden brown and dry/crispy to the touch. I like turning my pan around and shaking the chickpeas around at the halfway point for even cooking.
6. Remove from oven and toss with seasonings (if desired) while still warm. Then let cool 5-10 minutes - they will continue crisping as they cool.

Real Fruit Rollups

INGREDIENTS:

- 3 Cups of Fresh Strawberries
- 3 Tbsp. Honey
- 2 Tbsp. Lemon Juice

DIRECTIONS:

1. Blend: Blend fruit in food processor or blender until smooth. Mix in sweetener and lemon juice.
2. Spread: Pour into a pan lined with plastic wrap or parchment paper then spread out ⅛ to ¼ inch thick.
3. Dehydrate: Dehydrate in oven at 140 to 170 degrees F (or as low as oven will go) for 4 to 6 hours, or until the middle is not longer tacky.
4. Cool: Allow to cool, then remove from sheet. With clean scissors, trim off edges then cut into 1 inch wide strips. Wrap with strips of parchment or tissue paper, then use tape or string to seal.

Green Goodness Sandwich

INGREDIENTS:

- 1 Can of Chickpeas, Rinsed & Drained
- 2 Cloves Garlic, Chopped
- 3 Tbsp. Fresh Lemon Juice
- 3 Tbsp. Filtered Water
- 1 Tsp. Soy Sauce
- 1 Small Bunch of Parsely

DIRECTIONS:

1. Blend all the ingredients into a thick paste, using a small amount of water as necessary to achieve desired consistency.
2. Serve chilled or room temperature with your favorite sliced vegetables.

Chocolate Banana Ice Cream

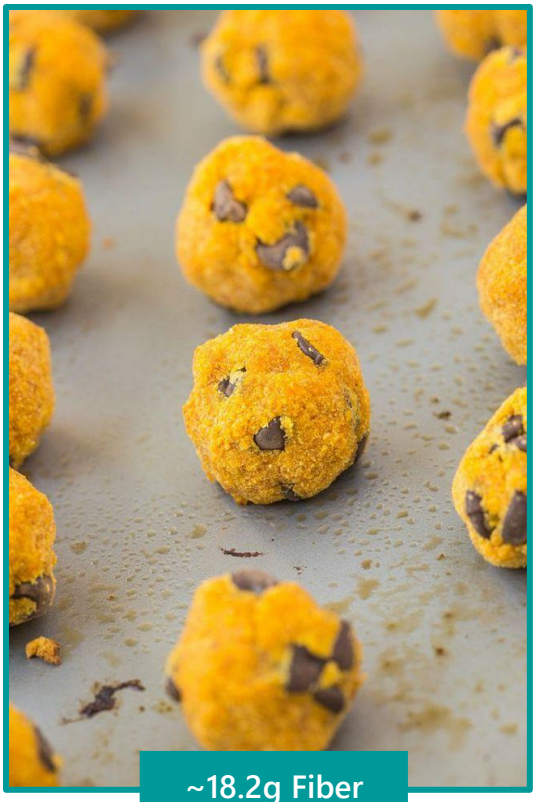
INGREDIENTS:

- 4 Frozen Bananas, Peeled
- ¼ Cup Cocoa Powder
- 2 Tbsp. Powdered Peanut Butter
- ¼ Cup of Nut Milk
  (Organic soy, almond, coconut, hemp or Oat)
- Optional: Vegan Chocolate Chips To Sprinkle on Top

DIRECTIONS:

1. Place the frozen bananas, cocoa powder, and almond butter into your high-powered blender.
2. Blend the bananas on high speed using the plunger to push the bananas down as needed. After 2-3 minutes the ice cream will run smoothly.
3. Either eat right away or freeze for 2 hours so that it is hard enough to scoop into cones. Sprinkle with chocolate chunks, if you'd like.

Pumkin Cake Pops



INGREDIENTS:

- 1 Cup Coconut Flour, Sifted
- 1 Sugar Pumpkin
- ½ Tsp. Cinnamon Powder
- 1 Tbsp. Monk Fruit Powder
- ¼ Cup Vegan Chocolate Chips

DIRECTIONS:

1. Preheat the oven to 350
2. Cut Pumpkin in half, stem to base. Remove seeds and pulp. Cover each half with foil. Bake in preheated oven, foil side up for 1 hour.
3. Scrape pumpkin meat from shell halves and puree in blender. Strain to remove any remaining stringy pieces.
4. Preheat oven to 350 and grease a large cookie sheet or baking tray and set aside.
5. In a large mixing bowl, combine the coconut flour, pumpkin puree, granulated sweetener and cinnamon mix well. If using chocolate chips, mix those in until fully incorporated.
6. Using your hands, shape into small balls and place on the greased cookie sheet. Depending on the texture you want, bake for around 10 minutes (for a softer cake texture) or up to 15 minutes (very dense and crumbly). Remove from oven and allow to cool completely before eating.

Healthly Veggie Chips

INGREDIENTS:

- 1 Medium Golden Beetroot
- 1 Medium Red Beetroot
- 1 Medium Zucchini
- 1 Large Carrot
- 1 Small Sweet Potato
- 1 Small Turnip
- ½ Tsp. Sea Salt to Taste
- ½ Tsp. Black Pepper to Taste
- 1 Spritz of Olive Oil

DIRECTIONS:

1. Preheat the oven to 400F.
2. Slice all the veggies into uniformly thin slices with a knife or mandolin. In a bowl, toss them with the oil, salt, and pepper until evenly coated.
3. Spread out on baking pan(s) lined with parchment paper, minimizing overlap. Bake for 10 minutes at 400F. Flip. Bake for another 5-10 minutes until crispy and slightly brown but not burnt. Watch them carefully and even remove some early if they are browning before the others.
4. Remove from the oven and allow to cool for a few minutes before eating.

PB&J Apples

INGREDIENTS:

- 1 Large Apple, Sliced
- 2 Tbsp. Peanut Butter Powder
- ¼ Cup of Filtered Water
- 2 Tbsp. fruit jam, unsweetened

DIRECTIONS:

1. Cut apple(s) in thin slices and arrange on a plate.
2. Mix water and peanut butter powder until smooth and creamy.
3. Top apples with melted peanut butter and jelly.
4. Option to top with a sprinkle of chia seeds or nuts.
5. Enjoy!

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