Your best weight is whatever weight you reach when you’re living the healthiest life that you can honestly enjoy.

# Table of contents

**Getting started** 01  
10 Tips for meaningful change  
2-Week program

**Diet** 02  
How to fill your plate  
Portion control  
Meal timing  
Allowable food & drinks list

**Supplements** 07  
MediBolic®  
FloraMend Prime Probiotic®  
Super EPA

**Activities** 08  
Exercise  
Sleep

**Sample meal plan** 09

**Recipes** 10  
Shakes  
Breakfast  
Lunch & dinner

**Additional recommendations** 17

**Final word** 18
Getting started

In order to be successful with your weight management plan, it is important to determine why you want to achieve a different weight. Are you trying to avoid health problems, feel better, have more energy, be able to play with your children or grandchildren, sleep better, decrease medications, or live longer?

Whatever your reason, once you’ve identified it, you will have an easier time sticking to a program.

10 Tips for making meaningful change

01 Focus on healthy lifestyle changes
02 Set realistic and achievable goals
03 Set one goal that has nothing to do with weight
04 Engage in daily structured activities, including exercise
05 Make healthy eating a daily activity
06 Be sure you’re adopting habits you can keep
07 Adopt new habits slowly
08 Enlist support from family and friends
09 Stock your kitchen with the foods you need to get started
10 Set a specific start date

Note: Before embarking on a weight management program, be sure to consult with your health-care practitioner.

Two-week program

The Thorne Weight Management Program provides a comprehensive plan for how to eat, exercise, and supplement. We recommend doing the program in two-week increments, unless otherwise advised; may be repeated for another two weeks or as many times as advised. Although we recommend a specific time frame, the idea is to develop healthy, lifelong habits.
Diet

Meals should be small and only one serving of each food group as outlined below. No meal (breakfast, lunch, dinner) should provide more than about 400 calories.

How to fill your plate

Each meal should have:
- 1 serving of protein – Equal to one palmful
- 1 serving of vegetables – Equal to three handfuls

Note: 1 serving of fruit (equal to one handful) can be substituted for 1 serving of vegetables once per day.

Each day you should have:
- 1 serving of healthy fats – Equal to three fingers or 1-2 Tbsp
- ½ to 1 ounce of water per pound of body weight per day*

*Health tip: The rule of thumb is to drink ½ to 1 ounce of fluid per pound of body weight per day. So, someone weighing 150 pounds should be drinking a minimum of 75 ounces of liquid per day. There are 16.9 ounces of water in a standard-sized water bottle, which translates to drinking 4.5 bottles worth of fluid per day.

Portion control

A very easy way to get the right amount of food each day for your size is to use your hand to help you measure. You can do this for most foods on the list.

Meat timing

Eat breakfast
Try to eat breakfast within 1 hour of waking up.

Stop before 10
Don’t eat after 10 pm. When you are hungry late at night, have one serving of fruit or nuts.

Space it out
Eat your balanced meal every 4-6 hours plus 1 snack.

Stay hydrated
Begin your day by drinking 16 ounces of water & drink water throughout the day.
Allowable food & drinks list

Below and on the following pages is the list of what you can eat and drink and what to avoid on the program. We encourage you to take the list with you while grocery shopping so you can stock up on foods that will help you reach your weight goals!

Protein

One serving each meal. One serving should be the size of the palm of your hand unless otherwise stated.

Optimal sources

Beans+
Beef
Chicken
Cornish hen
Duck
Eggs†
Fish
Greek yogurt
Lamb
Lentils+
Low-fat cheese
Pork (lean)
Prawns
Scallops
Shrimp
Soy Beans*
Split Peas*
Tofu or Tempeh**
Turkey
Wild Game

Avoid

Very fatty meats
Cured meats/luncheon meats
Breaded or deep-fried protein sources
(sautéed in a healthy fat is fine)

*1/2 cup serving
† 2 whole or 3 whites + 1 whole
**2 palm servings per meal
**Vegetables**

One serving each meal. One serving should be equal to three handful-sized servings unless otherwise stated.

### Optimal sources

<table>
<thead>
<tr>
<th>Alfalfa sprouts</th>
<th>Brussels sprouts</th>
<th>Endive</th>
<th>Mushrooms</th>
<th>Spinach</th>
</tr>
</thead>
<tbody>
<tr>
<td>Artichoke</td>
<td>Cabbage</td>
<td>Fennel</td>
<td>Okra</td>
<td>Sprouts</td>
</tr>
<tr>
<td>Asparagus</td>
<td>Cauliflower</td>
<td>Green beans</td>
<td>Olives</td>
<td>Squash</td>
</tr>
<tr>
<td>Bamboo shoots</td>
<td>Celery</td>
<td>Kale</td>
<td>Onions</td>
<td>Tomato</td>
</tr>
<tr>
<td>Bok choy</td>
<td>Chard</td>
<td>Kohlrabi</td>
<td>Radicchio</td>
<td>Turnip</td>
</tr>
<tr>
<td>Broccoli</td>
<td>Cucumber</td>
<td>Leeks</td>
<td>Radish</td>
<td>Water chestnuts</td>
</tr>
<tr>
<td>Broccolini</td>
<td>Eggplant</td>
<td>Lettuce – all types</td>
<td>Snow peas</td>
<td></td>
</tr>
</tbody>
</table>

### Limit

If you choose these vegetables, only use a single handful for a serving instead of three handfuls, because these are starchy vegetables and are higher in carbs.

<table>
<thead>
<tr>
<th>Avocado</th>
<th>Corn</th>
<th>Pumpkin</th>
</tr>
</thead>
<tbody>
<tr>
<td>Carrots</td>
<td>Parsnips</td>
<td>Potato</td>
</tr>
<tr>
<td>Cassava</td>
<td>Peas</td>
<td>Sweet potato</td>
</tr>
</tbody>
</table>

### Fruits

One handful of fruit can replace one handful of vegetables each day.

<table>
<thead>
<tr>
<th>Apples</th>
<th>Limes</th>
<th>Persimmons</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricots</td>
<td>Loganberries</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Longans</td>
<td>Plums</td>
</tr>
<tr>
<td>Blueberries</td>
<td>Mangos</td>
<td>Pomegranate</td>
</tr>
<tr>
<td>Cantaloupe</td>
<td>Mangosteen</td>
<td>Raspberries</td>
</tr>
<tr>
<td>Cherries</td>
<td>Mulberries</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Cranberries</td>
<td>Nectarines</td>
<td>Watermelon</td>
</tr>
<tr>
<td>Figs (fresh)</td>
<td>Oranges</td>
<td></td>
</tr>
<tr>
<td>Grapefruit</td>
<td>Passion fruit</td>
<td></td>
</tr>
<tr>
<td>Kiwis</td>
<td>Peaches</td>
<td></td>
</tr>
<tr>
<td>Lemons</td>
<td>Pears</td>
<td></td>
</tr>
</tbody>
</table>
Healthy oils

Use 1-2 tablespoons per day; cold pressed oils are preferable.

Optimal sources

Coconut oil*  Olive oil
Flax oil  Sesame oil
Ghee (clarified butter)  Walnut oil
Macadamia oil

*Health tip: A recent study showed that cooking rice with a teaspoon of coconut oil increases a substance called resistant starch. Resistant starch is not broken down into simple sugars so this makes your grains lower in calories. The coconut oil should be added to the cooking water (not after cooking) to achieve this effect.

Healthy nuts & seeds

One serving per day as desired as a source of healthy fats. A serving should be about the amount you can hold on three fingers.

Optimal sources

Almonds*  Hazelnuts*  Pine nuts
Brazil nuts  Macadamias  Pistachios
Cashews*  Peanuts*  Sesame seeds
Coconut meat  Pecans  Sunflower seeds
Flax/Linseeds  Pepitas (pumpkin seeds)  Walnuts

* Or 1 Tbsp of nut butter
**Grains**

Grains are generally limited or avoided on this diet because the added carbohydrates make weight management more challenging – especially early on. If you choose grains, then limit them to a small serving (a handful or less cooked).

**Avoid entirely if possible, but select from following list:**

- Brown rice
- Barley
- Corn tortilla (1 small)
- Kashi cereal (unsweetened)
- Millet
- Oats
- Quinoa
- Whole grain or rye crackers

**Non-alcoholic drinks**

**Optimal sources**

- Water (flat or sparkling — with lemon or lime as desired)
- Tea (black, green, herbal — unsweetened)
- Coffee (unsweetened; small amount of milk or milk substitute is fine)
- Milk (cow — non-fat or 1%, unsweetened almond, unsweetened coconut)

**Alcoholic drinks**

Alcohol is best to avoid, but if you must, you can have 1-2 drinks/week.

**Avoid entirely if possible, but select from following list:**

- Cabernet
- Guinness beer
- Light beer
- Light rum
- Merlot
- Pinot
- Pinot grigio
- Scotch
- Tequila
- Vodka
- Whiskey

**Optimal mixers**

- Blood Mary mix
- Diet tonic
- Soda water
- Sparkling water (flavored)
- Tomato juice (low sodium)
- V8

**Recap on what to avoid**

Here are the 6 types of food and drinks to avoid.

- All refined sugars
- Sweetened drinks
- Alcohol
- Grains (including bread and rice)
- Deep fried foods
- Highly processed and very fatty meats
Supplements

Nutritional supplementation is an important factor in helping to improve your metabolism. To help you reach your weight goals, we recommend three evidence-based supplement products – MediBolic®, Super EPA, and FloraMend Prime Probiotic®. Together, these products help make the program effective because they:

- Reduce hunger and cravings*
- Promote energy and positive mood*
- Promote loss of fat and preservation of lean body mass*
- Improve metabolism and insulin sensitivity*

MediBolic

2 ×
½ serving (1 scoop)
twice daily

MediBolic is the cornerstone supplement to this program. MediBolic is a rice and pea protein-based nutritional supplement with added soluble fiber, a complete multi-vitamin/mineral complex, and additional unique botanicals and nutrients for weight and metabolic support.*

It contains 150 calories, plus 18 grams of protein, 12 grams of fiber, and 1 gram of sugar per day. We recommend replacing a meal with a healthy shake to support your weight loss goals and ideal body composition. MediBolic is the perfect protein source for your shake.

FloraMend Prime Probiotic

1 capsule
with breakfast or morning shake

FloraMend Prime Probiotic helps maintain a healthy balance of beneficial intestinal flora (the good bugs).* Specific probiotics (including Lactobacillus gasseri) have been shown to actually help waist circumference.*

Super EPA (omega-3 fish oil)

2 gelcaps
with dinner or evening shake

Super EPA helps maintain healthy levels of blood sugar and triglycerides, promotes healthy insulin response, provides healthy fats, and benefits heart health.*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.
Sleep
Scientific studies are increasingly showing that a lack of sleep can harm metabolism and promote weight gain. Adults need at least seven hours of sleep to have a healthy metabolism.

We don't know all the reasons why, but here are a couple: When you don't get the necessary amount of sleep you have more ghrelin and less leptin. So, what does that mean?

- Ghrelin is a hormone that signals us to eat and leptin is a hormone that signals us to stop eating.
- When these hormones are imbalanced, it's much harder to control eating behavior.

Exercise
Try to get 30-60 minutes a day of moderate physical activity or 10,000 steps each day monitored with a pedometer, Fitbit®, or other tracker. You can break the exercise up in blocks as small as 10 minutes if that is helpful.
# Food, supplement, & exercise journal

## Week 01

<table>
<thead>
<tr>
<th></th>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supplements</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Food, supplement, & exercise journal

<table>
<thead>
<tr>
<th>M</th>
<th>T</th>
<th>W</th>
<th>T</th>
<th>F</th>
<th>S</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snack</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meal</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Supplements</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exercise</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
**Sample meal plan**

We encourage you to customize your meal plans based on our allowed food lists. But, you can also follow our sample meal plan below and review our recommended recipes.

**Meal plan for one week**

Note: All shakes contain 1 scoop of MediBolic.

<table>
<thead>
<tr>
<th>Day</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>Snack</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Egg-spinach bird’s nest sauté*</td>
<td>MediBolic apple pie shake*</td>
<td>MediBolic basic shake*</td>
<td>Poached salmon &amp; spring onions*</td>
</tr>
<tr>
<td></td>
<td>FloraMend</td>
<td></td>
<td></td>
<td>Steamed broccoli w/ lemon &amp; olive oil</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Super EPA</td>
</tr>
<tr>
<td>Tuesday</td>
<td>MediBolic nutty vanilla shake*</td>
<td>Kale salmon salad*</td>
<td>MediBolic basic shake*</td>
<td>Hearty beef &amp; vegetable stew*</td>
</tr>
<tr>
<td></td>
<td>FloraMend</td>
<td>(leftover salmon from dinner)</td>
<td></td>
<td>Super EPA</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Green apple dressing*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>MediBolic pumpkin shake*</td>
<td>Hearty beef &amp; vegetable stew*</td>
<td>MediBolic basic shake*</td>
<td>Stir-fried vegetables</td>
</tr>
<tr>
<td></td>
<td>FloraMend</td>
<td>(leftover from dinner)</td>
<td></td>
<td>Protein of choice (chicken, shrimp, beef, tempeh)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Super EPA</td>
</tr>
<tr>
<td>Thursday</td>
<td>MediBolic Greek honey yogurt shake*</td>
<td>Yogurt – 1 cup</td>
<td>MediBolic basic shake*</td>
<td>Baked chicken breast</td>
</tr>
<tr>
<td></td>
<td>FloraMend</td>
<td>Nuts – 1 serving (3 fingers)</td>
<td></td>
<td>Coconut lime cauliflower rice*</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fruit – 1 serving (1 handful)</td>
<td></td>
<td>Steamed vegetables of choice</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Super EPA</td>
</tr>
<tr>
<td>Friday</td>
<td>MediBolic pecan coconut shake*</td>
<td>Chicken Caesar salad</td>
<td>MediBolic basic shake*</td>
<td>Zucchini fritters*</td>
</tr>
<tr>
<td></td>
<td>FloraMend</td>
<td></td>
<td></td>
<td>Cauliflower rice*</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>(leftover from last night)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Super EPA</td>
</tr>
<tr>
<td>Saturday</td>
<td>MediBolic vanilla cinnamon protein pancakes*</td>
<td>MediBolic basic shake*</td>
<td>Hummus &amp; raw veggies</td>
<td>Chicken taco salad</td>
</tr>
<tr>
<td></td>
<td>FloraMend</td>
<td></td>
<td></td>
<td>Vegetarian chili</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td>Super EPA</td>
</tr>
<tr>
<td>Sunday</td>
<td>Vegetable frittata w/ feta cheese*</td>
<td>MediBolic basic shake*</td>
<td>MediBolic coconut cashew banana shake*</td>
<td>Spicy scrambled tofu &amp; veggies*</td>
</tr>
<tr>
<td></td>
<td>FloraMend</td>
<td></td>
<td></td>
<td>Super EPA</td>
</tr>
</tbody>
</table>

*Recipe included in Recipes section.*
Shake recipes

We have assembled several weight-friendly recipes for your cooking and eating enjoyment. These are but a sampling of our favorites. A more extensive collection can be found at thorne.com

**Basic shake**

**Ingredients**

| 1 scoop | MediBolic |
| 5-7 oz | Water or liquid of choice (cow, coconut or nut milk) |
Apple pie

Ingredients

1 scoop  MediBolic
4 oz     Unsweetened organic applesauce
6-7 oz   Water or milk (cow, coconut or nut milk)

For an extra cold shake, freeze single serving containers of applesauce.

Nutty vanilla

Ingredients

1 scoop  MediBolic
1/8 cup  Cashews blended with 2 oz. of water until creamy
4 oz     Water
1/8 tsp  Organic vanilla powder or vanilla extract
1 Tbsp   Chia seeds

For a strawberry twist, add 1/4 cup organic strawberries.

Coconut cashew banana

Ingredients

1 scoop  MediBolic
4-5      Finely ground cashews
6-7 oz   Coconut milk
1 Tbsp   Coconut milk yogurt
1/2      Banana

For an extra cold shake, freeze single serving containers of applesauce.

Pumpkin

Ingredients

1 scoop  MediBolic
6-7 oz   Coconut (or other) milk
2 Tbsp   Organic pumpkin (canned)

For extra richness, 1-2 tablespoons of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy "yogurt" such as yogurt made from coconut milk can be substituted). For additional spice, a dash of pumpkin pie spice can be added.
### Greek honey yogurt

**Ingredients**

- 1 scoop MediBolic
- 6-7 oz Spring water
- 1-2 Tbsp Greek honey yogurt or non-dairy substitute

**For extra richness,** one tablespoon of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

### Pecan coconut

**Ingredients**

- 1 scoop MediBolic
- 1/2 Tbsp Finely ground pecans
- 6-7 oz Coconut milk
- 2 Ice cubes

### Almond cinnamon roll

**Ingredients**

- 1 scoop MediBolic
- 6-7 oz Almond milk
- Dash Almond extract

### Cinnamon roll latte

**Ingredients**

- 1 scoop MediBolic
- 4 oz Almond milk
- 1/2 shot Espresso
- 1/2 Banana (for extra thickness)
- 1-2 Ice cubes

---

**Note:** 1 scoop is equal to 1/2 serving; two shakes daily will provide a full recommended daily serving of MediBolic.
Egg-spinach bird’s nest sauté
Serves 1

Directions
Heat butter or oil in a saucepan.
Sauté the onions until translucent.
Add the spinach and sauté lightly. Make into 2 bird’s nest shapes and crack an egg into each one.
Sprinkle cheese and black pepper (optional) on top of egg. Cover pan and cook until egg yolks are the desired consistency.

Ingredients
- 3 handfuls Spinach
- 1 Tbsp Finely chopped onion
- 2 Tbsp Shredded Parmesan cheese
- 2 Eggs
- 1/2 Tbsp Butter, ghee, or oil (olive or coconut)
- Etc Black pepper (optional)

MediBolic vanilla cinnamon protein pancakes
Serves 1 (4 pancakes)

Directions
Combine ingredients in a bowl.
In a non-stick pan, cook on moderate heat for approximately 2-3 minutes on each side. If necessary, you can use olive oil, coconut oil, or a small amount of butter to prevent sticking. Watch carefully as it may burn quickly.
Try serving buttered with a handful of mixed berries or stewed apple and cinnamon.

Ingredients
- 1 scoop MediBolic
- 1 Tbsp Almond or hazelnut meal
- 2 Tbsp Water, milk, or nut milk
- 1 Egg

Note: To make almond or hazelnut meal, place nuts in food processor or grinder.
### Vegetable frittata with feta cheese

**Serves 2**

**Ingredients**
- 4 handfuls Coarsely chopped vegetables (e.g., squash, peppers, broccoli, onions, mushrooms, etc.)
- 1/2 cup Crumbled feta
- 4 Eggs
- 1 Tbsp Olive oil
- 1 Tbsp Dried herbs or finely chopped fresh herbs (e.g., basil, lemon thyme, chives, etc.)

**Directions**
Coarsely cut and steam vegetables until tender or use leftover vegetables from the night before; set aside. Whisk eggs and herbs.
Add oil to a large frying pan and place on a very low heat. Add half of egg mixture to pan and cook for one minute.
Place vegetables and crumbled feta in pan and cover with remaining egg mixture.
Cover and cook on very low heat until cooked through.

### Zucchini fritters

**Serves 1**

**Ingredients**
- 3 handfuls Grated zucchini
- 1-2 Tbsp Parmesan cheese
- 2 Eggs
- 1 Tbsp Olive oil
- Etc Cracked pepper and sea salt to taste
- Gluten-free turkey or chicken sausage (optional)

**Directions**
Combine all ingredients except olive oil in a medium bowl. Stir until well combined.
Heat oil in a large pan over medium-to-high heat. Mold mixture into medium size balls and press flat into pan. When brown on one side, turn and cook the other side.
Sprinkle lightly with additional Parmesan cheese and serve with hot sauce if desired.
Sauté the sausage in a separate pan and serve with the fritters.

### Spicey scrambled tofu

**Serves 1**

**Ingredients**
- 2 palm-size Portions of soft/silken tofu
- 3 handfuls Diced bell pepper, tomato, summer squash, onion, and/or other vegetables of your choice
- 1 Tbsp Olive oil
- 1 tsp Mixed herbs of your choice
- Etc Cholula, Sriracha, or other hot sauce (optional)
- Cracked pepper and sea salt to taste
- Paprika to season

**Directions**
Finely chop vegetables, add to oiled frying pan, and sauté with mixed herbs until tender. Add tofu, breaking up and stirring until heated through.
Add 2 drops of hot sauce (optional) and season with pepper and salt to taste.
Place on plate and sprinkle lightly with paprika.
Lunch & dinner recipes

Poached salmon with spring onions & white wine
Serves 4-6

Ingredients

| 2 lbs          | Wild salmon fillet          |
| 2             | Spring onions               |
| 3-4 sprigs    | Fresh thyme                 |
| 3 Tbsp        | Extra virgin olive oil      |
| 1/2 cup       | White wine                  |
| Etc           | Herbamare®, Freshly ground black pepper |

Directions

Rinse the fish fillet and pat dry. Place into pan skin-side down.

Trim the ends off of the onions and cut in half lengthwise; run under cool water to remove any dirt and sand.

Place the spring onions and fresh thyme on top of the salmon.

Drizzle with olive oil. Add the white wine to the pan and then season the fillet with Herbamare and freshly ground black pepper.

Cover and poach over medium to medium-low heat for 10 to 12 minutes. Serve immediately.

Hearty beef & vegetable stew
Serves 2

Ingredients

| 2             | Beef steaks, diced or cubed |
| 1/2 cup       | Mushrooms, sliced           |
| 1/2 cup       | Sweet onion, chopped        |
| 1 Tbsp        | Butter                       |
| Pinch         | Salt                         |
| 2 tsp         | Parsley                      |
| 2 tsp         | Worcestershire sauce        |
| 2 cloves      | Garlic                       |
| 1 cup         | Broccoli, diced             |
| 2             | Small turnips, diced        |
| 1 cup         | Carrot, diced               |
| 1 cup         | Cauliflower, diced          |
| 1 cup         | Beef or vegetable stock     |

Directions

Brown meat, onion, and mushrooms in melted butter. Add seasonings and Worcestershire sauce.

Place in casserole dish with all other ingredients and cook covered at 375 degrees until meat and vegetables are tender.
Coconut-lime cauliflower “rice”* 
Serves 4-6

Directions

Break or cut the cauliflower into smaller pieces and place them into a food processor fitted with the “s” blade.

Pulse until the cauliflower is coarsely ground. It takes about two minutes of pulsing to accomplish this. Be careful not to over-process and turn the cauliflower to mush.

In a large skillet or wide pot, such as an 11-inch deep skillet, heat the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over medium heat.

Once the mixture is simmering add the ground cauliflower.

Stir together and simmer uncovered for 10 to 15 minutes, stirring every few minutes, or until the cauliflower is cooked to your liking.

Garnish with sliced green onions, chopped cilantro, and lime zest. Serve hot.

Serve this “rice” dish along with baked fish or roasted chicken and a green salad.

---

Blanched kale & salmon salad and green apple dressing†
Serves 4

Directions

Fill an 8-quart stockpot with filtered water about 3/4-full and bring to a rapid boil.

Quickly add all of the kale, pushing it down with a large spoon. Blanch for about 60 seconds, or until bright green and tender.

Pour kale and boiling water through a colander set in your sink and immediately run icy cold water over the kale to stop it from cooking any longer. Gently squeeze the water out of the kale.

Place desired amount of kale onto each plate, top with cooked salmon (or broiled chicken), pomegranate arils, and toasted sunflower seeds.

To make the dressing, place all ingredients for dressing into a blender and blend about 60 seconds until smooth and creamy. Taste, add a little more salt if needed, and blend again.

Drizzle dressing over each salad. Store leftover dressing in a sealed glass jar in the fridge for up to a week. Store remaining kale in the fridge in a sealed glass container.

---

*From Nourishing Meals: Healthy Gluten-free Recipes for the Whole Family by Alissa Segersten and Tom Malterre; Wholelife Press; 2012.

†From Nourishing Meals: Healthy Gluten-free Recipes for the Whole Family by Alissa Segersten and Tom Malterre; Wholelife Press; 2012.
Additional dietary recommendations:
A final word

We hope you have found this guide to be informative and helpful and we encourage you to reference it frequently during the program. As you can see, healthy lifestyle choices play a major role in helping to manage and maintain a healthy weight. The right combination of diet, exercise, sleep, and nutritional supplementation can help in your quest for optimal weight, and by extension, optimal health. At Thorne, we consider ourselves your partner in helping you manage your health.

P.S. Thyroid function, stress levels, sleep quality, and heavy metals toxicity are four health areas that can impact your ability to lose weight. If you think you may be weight-loss resistant, consider ordering one of our related at-home tests – Thyroid Test, Stress Test, Sleep Test, or Heavy Metals Test.