

Thorne

Weight Management Program



THORNE

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



From: Freedhoff Y, Sharma A. *Best Weight*. Canadian Obesity Network, 2010.

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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.



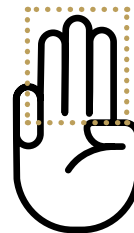
Each day you should have:

- | 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+

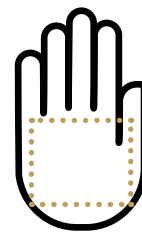
+Health tip: The rule of thumb is to drink ½ to 1 ounce of fluid per pound of body weight per day. So, someone weighing 150 pounds should be drinking a minimum of 75 ounces of liquid per day. There are 16.9 ounces of water in a standard-sized water bottle, which translates to drinking 4.5 bottles worth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

Portion control

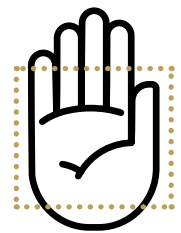
A very easy way to get the right amount of food each day for your size is to use your hand to help you measure. You can do this for most foods on the list.



Three-finger length



Palm-size



Handful

Meal 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
.....

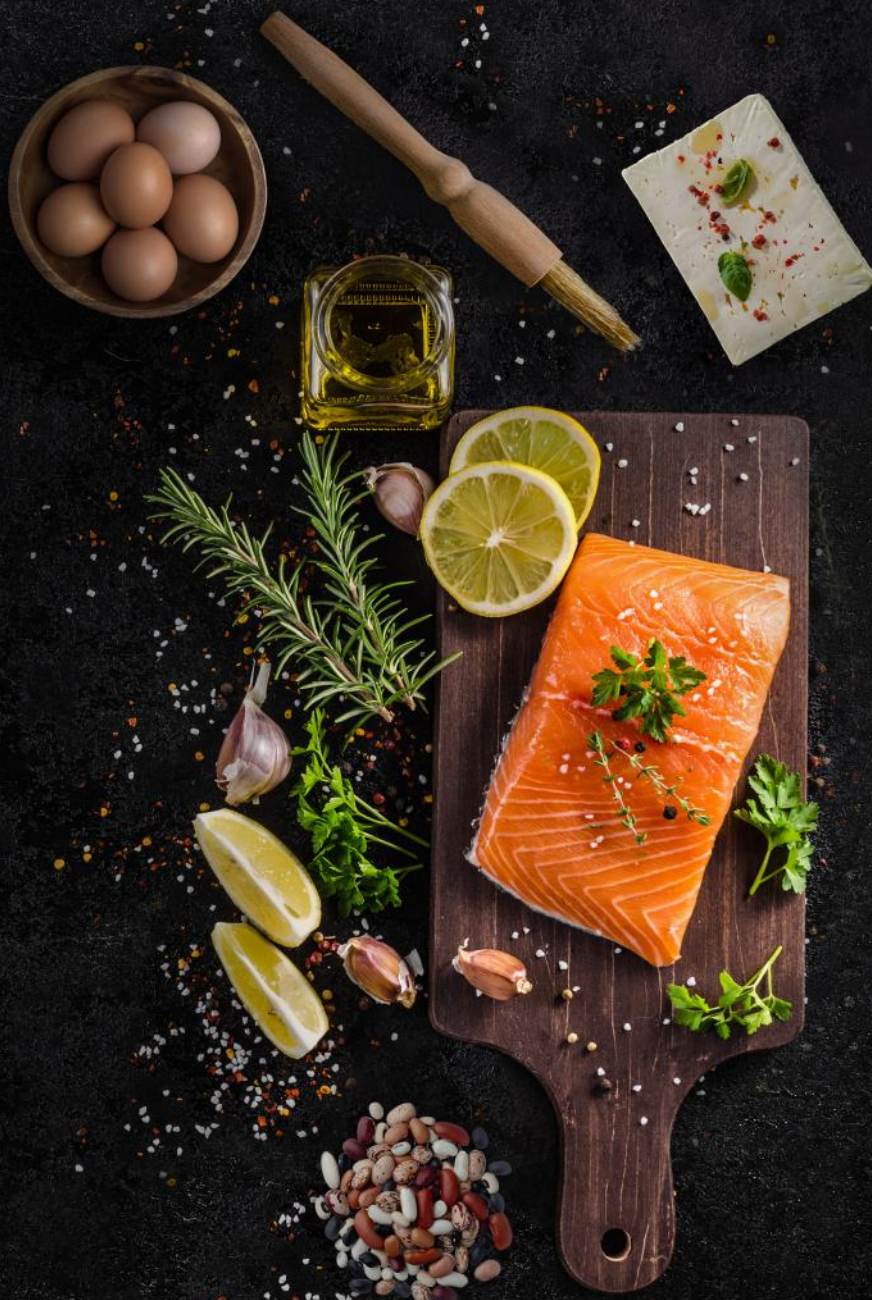
Avoid

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

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

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.

Avocado	Corn	Pumpkin
Carrots	Parsnips	Potato
Cassava	Peas	Sweet potato

Fruits

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

Apples	Limes	Persimmons
Apricots	Loganberries	Pineapple
Blackberries	Longans	Plums
Blueberries	Mangos	Pomegranate
Cantaloupe	Mangosteen	Raspberries
Cherries	Mulberries	Strawberries
Cranberries	Nectarines	Watermelon
Figs (fresh)	Oranges	
Grapefruit	Passion fruit	
Kiwis	Peaches	
Lemons	Pears	



Healthy oils

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

Optimal sources

Coconut oil⁺

Flax oil

Ghee (clarified butter)

Macadamia oil

Olive oil

Sesame oil

Walnut 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⁺

Brazil nuts

Cashews⁺

Coconut meat

Flax/Linseeds

Hazelnuts⁺

Macadamias

Peanuts⁺

Pecans

Pepitas (pumpkin seeds)

Pine nuts

Pistachios

Sesame seeds

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



Non-alcoholic drinks

Optimal sources

Water (flat or sparkling — with lemon or lime as desired)	Coffee (unsweetened; small amount of milk or milk substitute is fine)
Tea (black, green, herbal — unsweetened)	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	Gin	Merlot	Tequila
Champagne	Guinness beer	Pinot	Vodka
Chardonnay	Light beer	Pinot grigio	Whiskey
Cognac	Light rum	Scotch	

Optimal mixers

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

Activities

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.



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.



	M	T	W	T	F	S	S
Meal							
Meal							
Snack							
Meal							
Supplements							
Other							
Exercise							

	M	T	W	T	F	S	S
Meal							
Meal							
Snack							
Meal							
Supplements							
Other							
Exercise							

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.

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

*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

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



Almond cinnamon roll

Ingredients

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

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



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.

Breakfast recipes

Egg-spinach bird's nest sauté

Serves 1

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)

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.

MediBolic vanilla cinnamon protein pancakes

Serves 1 (4 pancakes)

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.

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.



Spicy 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.

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.



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.)

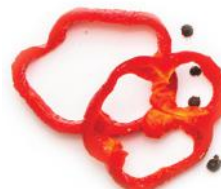
Directions

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.



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

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

Ingredients

1 medium	Head cauliflower
1 cup	Coconut milk
1/2 cup	Water or chicken stock
1-2 Tbsp	Freshly squeezed lime juice
2 cloves	Garlic, crushed
1-2 tsp	Grated ginger
1/2-1 tsp	Crushed red chili flakes
1/2 tsp	Herbamare® or sea salt

Garnishes

Sliced green onions
Chopped cilantro
Lime zest

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.

Note: Using cauliflower is a great grain-free option to rice. By grinding it in a food processor you get the look and consistency of white rice but with more nutrients and cancer-fighting compounds such as sulforaphane (active ingredient in Thorne Crucera-SGS®).



Blanched kale & salmon salad and green apple dressing⁺

Serves 4

Ingredients

2 bunches	Curly kale, chopped
1 cup	Cooked salmon (or broiled chicken)
1	Pomegranate, arils removed
1/2 cup	Sunflower seeds, toasted

Green Apple Dressing

1 medium	Granny Smith apple
1/2 cup	Water
1/3 cup	Extra virgin olive oil
1-2 cloves	Garlic
1-inch	Piece of fresh ginger, peeled
Etc	Herbamare or sea salt to taste

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.

Additional nutritional supplement recommendations:

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Additional dietary recommendations:

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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**.





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