



A Strong Life Meal Templates Descriptions

Series I

Lean & Tone Physique

50% carbs, 35% protein & 15% fat
Creator: Suzanne Fisher, LD RD

Calorie ranges available are 2200 thru 3200 / 50% carbs, 35% protein & 15% fat

The Lean Bodybuilder templates combine higher protein, lower fat and higher daily calories for the average person wanting to shed body fat, entry level or experienced bodybuilder. This template has been designed using the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to maintain a high metabolism. Protein sources are provided by lean meats such as chicken, turkey, fish and generic protein shakes. This template may be somewhat limited in variety but has been clinically proven to maintain or increase lean muscle tissue when combined with a regular exercise routine consisting of cardiovascular and resistance exercises performed 4 to 5 times each week.

Muscle Builder

50% carbs, 30% protein & 20% fat
Creator: Suzanne Fisher, LD RD

Calorie ranges available are 3200 thru 4000 / 50% carbs, 30% protein & 20% fat

Designed with the hard-gainer in mind. The Mass Builder template provides meal plans and foods that yield higher carbohydrates and slightly higher fat to pack on the pounds where fast weight gain is desired. This template has been designed to work in conjunction with a regular weight training program to stimulate muscle tissue growth. Meal replacement shakes are required for snack times to boost daily calories and provide convenience over preparing foods. The animal protein sources for these templates come from chicken, turkey, fish and red meats.

Healthy Cholesterol

65% carbs, 20% protein & 15% fat
Creator: Suzanne Fisher, LD RD

Calorie ranges available are 1500 thru 2000 / 65% carbs, 20% protein & 15% fat

The average American diet consists of 510 mg of dietary cholesterol per day. The Low Cholesterol template provides intake averages less than 120 mg per day for the seven-day period. These menus contain plenty of fiber-rich foods including grains and vegetables which will help in lowering LDL levels (bad cholesterol) and triglycerides. By combining a regular exercise program with these templates one can raise HDL (good cholesterol) levels and prevent future health problems. The primary source of proteins comes from fish and poultry. Meals are distributed between 5 to 6 meals each day to boost metabolism.

Wheat Sensitivity

65% carbs, 20% protein & 15% fat
Creator: Suzanne Fisher, LD RD

Calorie ranges available are 1400 thru 1600 / 65% carbs, 20% protein & 15% fat

A small population have allergic reactions to foods that may contain wheat products. Avoidance of wheat and wheat-containing foods is the first step in the treatment of wheat allergy. However, because wheat is a staple food product, wheat elimination diets are particularly difficult for a person and their family to maintain. The Wheat Free template is designed to provide balanced diet rich in vitamins and minerals, low in fat, but with the absence of wheat by-products. Each day contains at least 5 small but frequent meals to help increase metabolism.

Weight Loss

50% carbs, 35% protein & 15% fat
Creator: Kimberly Tessmer, LD RD

Calorie ranges available are 1300 thru 2100 / 50% carbs, 35% protein & 15% fat

The Weight Loss template has been designed to yield fast results by combining the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to boost metabolism. Protein sources are provided by lean meats such as chicken, turkey and fish. This template may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Weight Loss template is very popular amongst male and female fitness enthusiasts to burn fat and maintain muscle.

Vegetarian Lifestyle

65% carbs, 15% protein & 20% fat
Creator: Suzanne Fisher, LD RD

Calorie ranges available are 1700 thru 2100 / 65% carbs, 15% protein & 20% fat

The Low Fat Vegetarian template provides 7 days of meal plans each consisting of 5-6 meals each day. The macronutrient ratios average 65% carbohydrates, 15% protein and 20% fat for the seven day period. Protein sources are provided by tofu and soy products, beans, peanuts and some dairy in the form of cheese and milk (no eggs). This template may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Low Fat Vegetarian template is very popular amongst active male and female adult to burn fat and maintain muscle.

Paleo Lifestyle

40% carbs, 30% protein & 30% fat
Creator: Nell Stephenson, BS

Calorie ranges available are 1300 thru 2300 / 40% carbs, 30% protein & 30% fat

Paleo is short for Paleolithic. The premise of a Paleo diet centers around the idea that our bodies have not adapted sufficiently to eating foods that were available to us 10,000 years ago. It is thought that more than 70% of food consumed today was never available in Paleolithic times. The advances in agriculture and mass food production have caused us to move away from eating real food, which is food meant to work with our bodies for optimal health. A Paleo diet involves eating meat and vegetables, nuts and seeds, little starch, some fruit and no sugar. This means no grains, legumes, dairy, alcohol, and staying away from all processed foods. The paleo plan promotes eating as our hunter-gathers ancestors did.

Series II

Athletic Training

60% carbs, 20% protein & 20% fat
Creator: Suzanne Fisher, LD RD

Calorie ranges available are 1900 thru 3000 / 60% carbs, 20% protein & 20% fat

The performance menus provide high quality whole grain and vegetable foods for optimum performance needs. The average macronutrient ratio for the 7-day period is 60% carbohydrates, 20% protein and 20% fat. The templates also offer a daily average intake of 40 grams of dietary fiber. High fiber levels will minimize body fat storage and stabilize glucose thus stabilizing blood sugar levels within the body to maximize sustained energy levels.

Vegan Lifestyle

55% carbs, 25% protein & 20% fat
Creator: Suzanne Fisher, LD RD

Calorie ranges available are 1300 thru 1900 / 55% carbs, 25% protein & 20% fat

These menus are for the strict vegetarian or vegan. They include NO animal products. These menus ensure over 800 milligrams of calcium per day, a mineral that is hard to get for vegans. They also contain plenty of fiber and at least 72% of the RDI for Iron for the week's average. The higher calorie levels contain all of the recommended Iron for the day. These menus contain plenty of healthy soy also.

Women's Healthy Aging

50% carbs, 30% protein & 20% fat
Creator: Suzanne Fisher, LD RD

These menus are geared toward the older woman going through menopause. At this time in a woman's life, diet is especially important to health and well being. These menus meet the needs of these women. These Mature Women menus include good sources of fiber, are low in fat (24% fat), high in calcium and moderate in sodium. They contain Soy products, which are believed to help fight symptoms of menopause as well, as decrease the risk for certain cancers and help protect against heart disease.

Low Carb Lifestyle

40% carbs, 30% protein & 30% fat
Creator: Suzanne Fisher, LD RD

These menus are low-carb (about 40% carbs) but still contain all of the essential nutrients. These menus are not, "no carb", but contain enough for good health and a healthy, successful weight loss. The carbs that are included are concentrated high fiber products.

Heart Healthy Living

60% carbs, 25% protein & 15% fat
Creator: Suzanne Fisher, LD RD

These menus are definitely Heart Healthy. They are all low-sodium (below 2400 mg sodium for each day), they contain plenty of fiber and contain NO red meat. These menus are low in fat, especially saturated fat, and higher in unsaturated fats, polyunsaturated and monounsaturated, the "heart healthy" fats. These menus are also low in cholesterol with no more than 200 mg per day. Also included in these menus are soy foods. Soy foods can help protect against heart disease by helping to reduce cholesterol levels.

Series III – Prevention and Recovery

Stroke Prevention / Recovery

60% carbs, 20% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

The Stroke Templates follow the ideas of the "DASH Diet" (Dietary Approaches to Stop Hypertension), a set of dietary guidelines designed for those with high blood pressure but also a heart-healthy eating plan. Recent research found that the DASH Diet, which may help lower blood pressure, might also reduce levels of homocysteine, a possible risk factor for heart disease and stroke. The Dash Diet is rich in low-fat dairy foods, fruits, and vegetables as well as low in saturated fat and total fat. This eating plan is rich in minerals that may help to lower blood pressure, especially calcium, potassium and magnesium. These templates are also jam packed with vitamin C. A growing body of evidence suggests that people who eat plenty of fruits and vegetables daily to meet their vitamin C requirements have healthier blood pressure levels than those

who don't. These Templates contain loads of fruits and vegetables, which allows for a moderate intake of sodium since these foods are so much lower in sodium than many other foods.

Stable Blood Sugar

60% carbs, 20% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

Keeping blood sugar levels stable or level throughout the day is vital to people with diabetes to help protect them from developing diabetic complications down the road. It is also imperative for people with hypoglycemia to help keep them feeling their best all day long. Tight control of blood sugar levels can also help you avoid hunger throughout the day. It is dips in your blood sugar levels that bring on those feeling of intense hunger. The Stable Blood Sugar Templates are meant to help people keep their blood sugar levels as stable as possible throughout the entire day. The Templates incorporate six meals everyday to help minimize dips in blood sugar levels. They are packed with good nutrition including fiber, healthy fats, flaxseed and chromium that all play an important role in stabilizing blood sugar levels. If you have type 1 or type 2 diabetes, check with your physician before following any type of meal plan. Meal planning for diabetics should be individualized and based on individual nutritional goals as well as medications.

Heart Disease Template

60% carbs, 20% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

These menus follow the guidelines set by the American Heart Association to help reduce your risk of heart disease. They are jam-packed with fruits, vegetables, a variety of whole-grain products, and "good" fats. The menus are rich in foods that contain soluble fibers as well as omega-3 fatty acids such as fatty fish, nuts and flaxseed, which all help to lower cholesterol and protect our heart health. This heart healthy diet is high in B vitamins including B6 and folate, which may help to lower levels of a substance called homocysteine in the blood. High levels of homocysteine are a clear risk factor for heart disease. Other heart healthy substances included in these menus are phytochemicals such as isoflavones found in legumes such as soybeans; lycopene found in produce such as tomatoes; indoles found in cruciferous vegetables such as broccoli, polyphenols present in green or black tea; and beta-carotene found in orange and yellow produce. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as heart disease.

Breast Cancer

60% carbs, 20% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

These menus are for women who are serious about taking preventative steps to lower their risk for breast cancer. These menus are high in fiber and whole-grains, which may help to fight breast cancer by lowering levels of estrogen in the body. They also are predominantly plant-based; are low in saturated fats yet moderate in unsaturated fats (the healthy fats); rich in calcium and moderate in sugar and sodium include good sources of unsaturated fats, specifically monounsaturated fats and Omega-3 fatty acids in the form of fish, flaxseed, and nuts, which also may help fight breast cancer. The Breast Cancer Templates are jam-packed with foods that contain phytochemicals, which may have a preventative effect against certain diseases including breast cancer. Phytochemicals include indoles in cruciferous vegetables such as broccoli and cauliflower, polyphenols present in green or black tea, lycopene in red colored produce, beta-carotene in orange and yellow produce and isoflavones in legumes such as soybeans. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as breast cancer.

Bone Health

60% carbs, 20% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

Maximum bone loss occurs as early as the mid thirties. After that we begin to slowly lose bone density and/or bone strength. The “Bone Health” Templates are on the cutting-edge of current research being done in the areas of bone strength and the prevention of osteoporosis. The nutritional goals in maximizing bone mass and minimizing bone loss include adequate intakes of calcium, vitamin D, magnesium, phosphorus, vitamin C, vitamin A, manganese, copper, iron, zinc and unsaturated fatty acids. These menus include foods such as dairy products, fruits, vegetables, whole-grains, nuts and meats that are rich in all of these essential nutrients. Ongoing studies are linking vitamin K and vitamin B12 to the prevention of hip fractures and to the strengthening of bones. These menus include foods such as dark green leafy vegetables, whole grains, dairy foods, fish, beef, and eggs that are rich in both these important vitamins. In addition, these menus include isoflavones from soy foods, which are believed to help prevent osteoporosis and benefit bone health. Soyfoods and flaxseed are also excellent sources of phytoestrogens. Phytoestrogens are known as plant chemicals and have been shown to either directly or indirectly impact bone turnover.

Cancer Smart

60% carbs, 20% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

The Cancer Smart Templates are for people who are serious about taking preventative steps in the area of nutrition to help lower their risk for cancer. These menus contain loads of plant-based foods; are low in saturated fats yet moderate in unsaturated fats (the healthy fats); rich in calcium and moderate in sugar and sodium. These templates are full of fruit and vegetables, which according to the American Institute for Cancer Research (AICR) are rich in substances that help reduce the risk of cancer, heart disease and other chronic diseases like diabetes. Phytochemicals are “plant-chemicals” that have disease-fighting properties and may help rid the body of carcinogens. For example, carotenoids, a group of antioxidants found in tomatoes, watermelon and sweet potatoes are believed to enhance immunity and heart health as well as play an anticancer role. Another type, lycopene, is linked to reduced risk of prostate and breast cancer. These templates are also high in fiber and whole-grains and contain soyfoods, which may help to fight some forms of cancer. They also include good sources of unsaturated fats, specifically monounsaturated fats and Omega-3 fatty acids in the form of fish, flaxseed, and nuts, which also may help fight certain types of cancer. Consuming a diet high in fruits and vegetables ensures a diet that is full of important antioxidants such as vitamin C, E and A (in the form of beta-carotene). Antioxidants are also important in helping your body to prevent the DNA damage that can cause cancer.

Series IV - Glycemic Management

Low Glycemic Templates

50% carbs, 25% protein & 25% fat
Creator: Kimberly Tessmer, LD RD

The Low Glycemic Templates do all the figuring for you. Following these menus helps you follow a diet that contains low glycemic foods. Most of the foods contained in these menus have a glycemic index of around 50 or less. Following a diet full of lower glycemic foods can help keep your blood sugar level from falling too rapidly. Low glycemic foods do not cause your body to release as much insulin into your bloodstream and as a result are broken down over a longer period of time. The result is a longer, steadier release of energy, helping you to feel more alert and energetic through your day. By following these menus you will also be less likely to binge eat because your blood sugar levels are in balance.

Hi to Low Glycemic Templates

50% carbs, 25% protein & 25% fat
Creator: Kimberly Tessmer, LD RD

The glycemic index is a helpful tool that measures how fast a food, that contains carbohydrates, will raise your blood sugar. The values on the glycemic index chart are based on pure glucose. Glucose is a carbohydrate that absorbs very quickly into the body, which makes it a good base to compare other foods to. Glucose is given the value of 100 and all other foods are compared to that number. The closer a food is to the value of 100, the faster it will be absorbed into your bloodstream and the faster the body will use it up. The lower the number is the slower it is absorbed into your bloodstream. The glycemic index only applies to foods that contain carbohydrates. That includes every food group except the meat and fat group. The Hi to Low Glycemic Templates incorporates hi glycemic foods in the morning and afternoon for high energy and winds you down with low glycemic foods in the late afternoon and through the evening hours when you are less active.

Low to High Glycemic Templates

50% carbs, 25% protein & 25% fat
Creator: Kimberly Tessmer, LD RD

The Low to High Glycemic Templates are the opposite to the High to Low program where it incorporates low glycemic foods in the morning hours and high glycemic foods in the PM hours when activity levels may be greater.

Series V

Energy Booster

50% carbs, 25% protein & 25% fat
Creator: Kimberly Tessmer, LD RD

Do you feel like you struggle to get out of bed in the morning, feel tired after lunch and barely make it through the evening without falling asleep on the couch? Do you feel just plain worn-out? Than maybe the Energy Booster Template is just what you need. The Energy Booster Template ensures that you eat high-energy, healthy foods all day long to help you fight fatigue and help get you through your busy day with vigor. The Templates incorporate quick delicious energy boosting smoothies during the least energetic parts of your day. Don't let your diet be the culprit of lost motivation! Use the Energy Booster Template to turn your day around!

Healthy Aging Templates

55% carbs, 20% protein & 25% fat
Creator: Kimberly Tessmer, LD RD

By the time most people reach the age of 50 or 60 they tend to accept the negative effects of aging as a fact of life that they have little or no control over. However, there are some factors that people DO have control over and one of those is their nutritional intake. There is a large body of evidence that suggests that there are positive effects we can have on aging that deal directly with the foods we eat. The good news is that good nutrition incorporated into our lifestyle can help improve energy level, heart function, blood pressure, bone density, and bowel function as well as help keep weight in a healthy range and help prevent certain diseases such as cancer. As we age it is important to concentrate on spending calories wisely, consuming enough protein and calcium, as well as maintaining your intake of vitamin D, iron, vitamin A, folate, vitamin B12, vitamin B6 and zinc. The Healthy Aging Templates ensure that you receive all of the proper nutrition necessary to help make aging a healthy time of your life.

On-The-Go Templates

50% carbs, 25% protein & 25% fat
Creator: Kimberly Tessmer, LD RD

Are you one of those people who never eat right because you are always “on-the-go”? Do you lack a healthy diet because of your busy lifestyle? Look no further! The On-The-Go Templates are exactly what you need to continue your busy lifestyle AND eat a healthy diet. These Templates provide you with all types of ideas of how you can still eat healthy even though you feel you never have the time. They incorporate whole foods as well as some healthy fast food restaurant meals. No matter how busy you are a healthy diet is vital to good health and increased energy. Don’t let your busy lifestyle take the place of good nutrition. You can have both by using the On-The-Go Templates.

Teen Scene Templates

55% carbs, 20% protein & 25% fat
Creator: Kimberly Tessmer, LD RD

Is getting your teenager to eat a healthy, well-balanced diet an everyday challenge? During the teen years, good nutrition plays a vital role in proper growth and development as well as eating habits later in life. Now is the time to teach your teen good eating habits that will last a lifetime. The Teen Scene Templates will help guide you through feeding your teenager a healthy diet that you can BOTH agree on. The Teen Scene Templates will ensure your teenager is receiving all of the essential nutrients they need for proper growth and development through these crucial years. These Templates include what all teenagers need: plenty of calcium, iron, calories, protein, carbohydrates, fiber, zinc, as well as other essential nutrients. These Templates are formed around a healthy diet for teens that includes four or more servings of dairy per day; four to six ounces of lean meat per day, fish, poultry or dried beans per day; three servings of vegetables; two servings of fruit and at least six servings of grain products per day.

Series VI – Low Carbohydrate Collection

All American

40% carbs, 30% protein & 30% fat
Creator: Kimberly Tessmer, LD RD

Hurray for the red, white and blue! Are you an all American who loves your native foods! Enjoy those all American foods that you love while continuing to follow your weight management goals. These menus follow the popular 40-30-30 ratio combination of carbs, protein, and fat and include meals such as BBQ chicken, hamburger in a pita and popular breakfast meals. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

Fast Food

40% carbs, 30% protein & 30% fat
Creator: Kimberly Tessmer, LD RD

On the go all the time, always in a hurry and not sure what to eat when you stop at fast food restaurants? These menus will guide you to making better choices that will help you comply with your weight management goals. They combine fast food choices from Wendy’s, McDonald’s, Burger King and Subway restaurants with the popular 40-30-30 ratio combination of carbs, protein and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

Italian Feast

40% carbs, 30% protein & 30% fat
Creator: Kimberly Tessmer, LD RD

If it's Italian food you love than these menus are for you! Enjoy your favorite Italian foods while still complying with your weight management goals! These menus follow the popular 40-30-30 ratio combination of carbs, protein, and fat and include popular Italian dishes such as whole wheat spaghetti, chicken marsala, pastrami wraps and more. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

Mexican Fiesta

40% carbs, 30% protein & 30% fat
Creator: Kimberly Tessmer, LD RD

Ole! With the help of these menus you can now enjoy your favorite Mexican dishes and still comply with your weight management goals. These menus combine tasty Mexican foods with the popular 40-30-30 ratio combination of carbs, protein and fat. The menus are low in carbohydrates (about 40%), moderate in fat (30%) and higher in protein (30%) to help put you in the zone and manage your weight effectively.

Series VII

Lactose Intolerant

55% carbs, 25% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

Lactose intolerance is caused by the deficiency of lactase, a digestive enzyme. People can have different degrees of lactose intolerance. It is advisable to consult with your physician to confirm a diagnosis and to determine your personal degree of intolerance. Many people can tolerate some dairy, depending on its form. These menus eliminate MOST foods that contain lactose and replace them with other foods that continue to supply the important nutrients that dairy products contain such as calcium. In addition, they are designed to yield effective results by combining healthy foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied. The Templates contain yogurt, which is a dairy product but is well-tolerated by the majority of lactose intolerant people. Many types of yogurt contain “active-live cultures”, which help to digest some of the lactose, making it easier to tolerate.

Disclaimer: The Lactose Intolerant Templates are meant for the person with mild to moderate lactose intolerance who can tolerate some lactose. They are NOT dairy-free.

Organic (Low Carbohydrate)

40% carbs, 30% protein & 30% fat
Creator: Kimberly Tessmer, LD RD

One of the newest trends, according to industry polls, is an organic diet. Foods that carry the “USDA Organic” seal certify that they have been grown and processed according to strict criteria. Specifically they are free of pesticides, synthetic fertilizers, growth hormones and genetically-engineered substances. However, this doesn't mean they are completely pesticide-free. A few synthetic and botanical pesticides are still allowed. The Organic Templates will help you to meet your organic goals, whether you are a beginner or a pro at this style of eating. These templates incorporate nationally recognized brands of packaged organic foods. As far as produce it is up to the user of these templates to ensure they purchase organically grown produce in their local supermarket. They are designed to yield effective results by combining healthy organic foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied. ***Disclaimer: For produce it is up to the user of these templates to ensure they purchase organically grown produce in their local supermarket.***

Organic (Low Fat)

55% carbs, 25% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

These templates utilize the same organic food types as the Organic Low Carb template but the menus are balanced to a lower fat ratio of 20%. ***Disclaimer: For produce it is up to the user of these templates to ensure they purchase organically grown produce in their local supermarket.***

Gluten-Free (Low Fat)

55% carbs, 25% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

Celiac disease affects as many as 2 million Americans. These people are unable to tolerate the protein gluten, which is found in wheat, rye and barley. There is only one treatment for celiac disease and that is strict adherence to a gluten-free diet for life. Learning and following a gluten-free diet are not easy tasks. People with celiac disease need help learning how to manage their diets and their lives. The Gluten-Free Templates are one tool to help you get started. These templates are full of simple meal ideas that are completely gluten-free. They incorporate foods that are naturally free of gluten as well as specialized foods that are produced without gluten. These templates can act as a learning tool. However, they should not substitute visits to a physician and a dietitian specializing in this condition. Instead, these templates should be used as a complement to their instruction. If you suspect celiac disease, it is extremely important that you are properly diagnosed before beginning a gluten-free diet.

Disclaimer: Even though foods contained in these templates are at present gluten free, the user still needs to read ALL food labels for possible gluten containing ingredients. Manufacturers continually make changes to ingredients and/or production methods without notice.

Kosher (Low fat)

55% carbs, 25% protein & 20% fat
Creator: Kimberly Tessmer, LD RD

The Kosher template, as with our original Weight Loss template, has been designed to yield effective results by combining healthy foods that are distributed between 6 meals per day to help boost your metabolism and keep you satisfied. They are packed with good nutrition including fiber, healthy fats, vitamins and minerals. General Kosher guidelines have been implemented within these templates.

Disclaimer: To ensure a total Kosher diet, the user of these templates is advised to check all food labels for proper Kosher symbols. In addition, when meal planning, all other Kosher laws and practices must be followed.

Series VIII

North Beach Diet - Phase 1 (Weight Loss)

(45% carb, 30% pro, 25% fat)
Creator: Kimberly Tessmer, LD RD

The North Beach diet takes a healthier approach to the other popular beach diet. Phase 1 looks at the entire picture to achieve the right nutritional balance to help you lose those extra pounds. With this Template you will enjoy the basics of healthy eating coupled with low glycemic complex carbohydrates, lean proteins and healthy fats at every meal. The North Beach Template helps you to moderate simple sugars while increasing your fiber intake to help achieve stable blood sugars and avoid hunger as well as cravings. You will enjoy healthy meals and regular snacks that will keep your energy up while reducing your calories for effective weight loss.

North Beach Diet - Phase 2 (Weight Maintenance)

(60% carb, 20% pro, 20% fat)

Creator: Kimberly Tessmer, LD RD

After reaching your goal weight on the North Beach Diet Phase 1 Template, it is time to move on to Phase 2. This Phase will help you to maintain the new body you have earned by following Phase 1. Phase 2 guides you through eating for weight management throughout your life by incorporating balanced nutrition and healthy foods. This Phase will teach you the good eating habits you need to maintain your new healthy weight. It is full of healthy foods that provide vitamins, minerals, fiber, antioxidants and energy. Everything you need to be healthy and stay healthy!

Mediterranean

(50% carb, 20% pro, 30% fat)

Creator: Kimberly Tessmer, LD RD

The Mediterranean Template is the perfect template if you are looking for a heart-healthy eating plan. This Template incorporates the basics of healthy eating in addition to those eating habits traditionally found in the countries surrounding the Mediterranean. You will find this Template rich in fruits and vegetables, whole grains and other healthy starches such as legumes and beans. In addition, it contains generous amounts of healthy fats, especially the heart healthy monounsaturated fats, by including foods such as olive oil, fish, nuts and seeds and limiting poultry and red meats. The emphasis of this Template is a simple but reasonable diet that features healthy foods and a sensible approach to good health.

High Fiber

(60% carb, 20% pro, 20% fat)

Creator: Kimberly Tessmer, LD RD

A high fiber diet can be beneficial to both your health and body weight. High fiber diets have been linked to a reduced risk of many chronic diseases including certain types of cancer, heart disease and gastrointestinal conditions. High fiber diets can help to reduce “bad” cholesterol, control blood sugar levels and improve both digestion and bowel function. In addition, increasing fiber can naturally help to decrease calorie intake as high-fiber foods can be very filling. This in turn can lead to weight loss. This High Fiber Template incorporates the recommendation of 20 to 35 grams of fiber daily and includes a mix of both insoluble and soluble fiber. If your current diet is low in fiber, increase your intake slowly. And stay hydrated when on a higher fiber diet by drinking adequate amounts of water.

Healthy Soy

(60% carb, 20% pro, 20% fat)

Creator: Kimberly Tessmer, LD RD

Soy is being touted as the health food of the decade. Soy is a plant-based food that is loaded with protein (including essential amino acids), fiber, calcium, and iron. Soy is low in saturated fat, contains no cholesterol and is an excellent source of isoflavones. The American Heart Association considers soy products to be a healthy replacement for meat and other foods high in saturated fat, cholesterol and total fat. While soy alone is not a magic food, the Healthy Soy Template incorporates the basics of healthy eating plus provides the tool to help increase soy in your diet. This template incorporates at least 25 grams of soy protein per day, which is equivalent to three to four servings of soy protein-rich foods. This Healthy Soy Template is low in saturated fat and cholesterol and high in fiber and includes a variety of soy products including soy milk, tofu, soy yogurt, and other healthy soy foods.

Asian Explosion

(60% carb, 20% pro, 20% fat)

Creator: Kimberly Tessmer, LD RD

Looking to live a long and healthy life? Traditional Asian diets have received much attention because many chronic diseases, such as heart disease, diabetes, and certain cancers are not common in Asia as they are in the United States and other western nations. Researches believe that the Asian diet may provide protection against many chronic diseases such as heart disease and certain cancers. This type of diet is

believed to possibly contribute to the long life spans commonly seen in Asia. The Asian Explosion Template closely follows the traditional Asian diet that contains all of the essential nutrients needed by most adults. It is high in fiber, vitamins, minerals, as well as disease fighting antioxidants and low in saturated fat and total fat. You will find this Template to be relatively low in meat and dairy with protein and iron coming from nuts, seeds, whole grains and legumes. Calcium is obtained mostly from soy products, nuts, seeds and green leafy vegetables.

Series IX – Detox & Cleanse

Fruit Detox/Cleanse

(1200 Calorie Womens & 1600 Calorie Mens)
Creator: Dr Tigalat Shalita, DO

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our all fruit detoxification template uses primarily low glycemic fruits and juices to help the body eliminate bad bacteria while giving the body more energy to devote to cleansing and healing. Our primary focus is to detoxify the liver from environmental, lifestyle and emotional toxins that have been built up over many years. The liver is the first organ or filter that toxins from our GI tract pass through. Many digestive problems such as constipation, diarrhea, food allergies, diverticulitis, Celiac disease (malabsorption disease), colitis, IBS and Crohn's disease are connected to a toxic liver and colon. Our well designed detoxification program along with a quality probiotic restores a healthy digestive system by removing harmful toxins leaving you feeling lighter, leaner and more focused.

Vegetarian Detox/Cleanse

(1200 Calorie Womens & 1600 Calorie Mens)
Creator: Dr Tigalat Shalita, DO

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon, kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the "mental fog" we find we live with on a daily basis.

Meat Protein Detox/Cleanse

(1200 Calorie Womens & 1600 Calorie Mens)
Creator: Dr Tigalat Shalita, DO

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our animal protein detoxification template is full of organic chicken and beef sources of protein along with lentils and black beans for cleansing. Our elimination process begins by avoiding all dairy, gluten/wheat grains, caffeine, fish, shellfish and corn products. It is loaded with high fiber fruits and vegetables along with providing you with low glycemic, high nutrient based carbohydrates such as brown rice, broccoli, and asparagus. The foods in our templates have been chosen to protect you from any artificial food colorings, herbicides, pesticides, aspartame, hormones and any other added chemicals such as nitrates, and sulfites used to preserve meats. Most of us have over loaded our liver with toxic medications, caffeine, processed foods and stress. Our well designed and tested detoxification program should provide the body with all the powerful nutrients to detoxify and cleanse the liver of all the unnecessary toxic build up leaving you feeling leaner and more focused with the ability to manage stress appropriately.

21 Day Jump Start Fruit Detox & Low Glycemic Plan

(1200 Calorie Womens & 1600 Calorie Mens)
Creator: Dr Tigalat Shalita, DO

The 21 Day Jump Start program begins with a fruit detox and cleanse phase for the first 14 days followed by 7 day low glycemic phase eating plan. The fruit detoxification and cleanse phase uses primarily low glycemic fruits and juices to help the body eliminate bad bacteria while giving the body more energy to devote to cleansing and healing. The primary protein source is derived from eggs. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.

21 Day Jump Start Veggie Detox & Low Glycemic Plan

(1200 Calorie Womens & 1600 Calorie Mens)
Creator: Dr Tigalat Shalita, DO

The 21 Day Jump Start program begins with a veggie detox and cleanse phase for the first 14 days followed by 7 day low glycemic phase eating plan. The vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The primary protein sources are derived from eggs, fish and some tofu. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan (not veggie) where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.

21 Day Jump Start Meat Detox & Low Glycemic Plan

(1200 Calorie Womens & 1600 Calorie Mens)
Creator: Dr Tigalat Shalita, DO

The 21 Day Jump Start program begins with a detox and cleanse phase which include lean meats for the first 14 days followed by 7 day low glycemic phase eating plan. Our animal protein detoxification template is full of organic chicken and beef sources of protein along with lentils and black beans for cleansing. Our elimination process begins by avoiding all dairy, gluten/wheat grains, caffeine, fish, shellfish and corn products. It is loaded with high fiber fruits and vegetables along with providing you with low glycemic, high nutrient based carbohydrates such as brown rice, broccoli, and asparagus. The final 7 days of the 21 day plan moves away from the detox phase and follows a strict low glycemic plan where the glycemic index rating of all carbohydrates is rated no higher than 55. This means higher sustained energy levels and better metabolic management for weight control.

Important: All of our detoxification templates should also include a good quality probiotic and multi-vitamin along with high volumes of purified bottled water daily.

Series X – 30 day Compilation (28 actual days/4 weeks)

30 Day Heart Healthy for Men and Women

(1800 calories thru 2800 calories)
Mixed macronutrient ratios
Created by Kim Tessmer RD, LD and Suzanne Fisher, RD, LD

Week 1&2:

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon,

kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the “mental fog” we find we live with on a daily basis.

Week 3:

The Weight Loss meal plan has been designed to yield fast results by combining the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to boost metabolism. Protein sources are provided by lean meats such as chicken, turkey and fish. This meal plan may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Weight Loss meal plan is very popular amongst male and female fitness enthusiasts to burn fat and maintain muscle.

Week 4:

These menus are definitely Heart Healthy. They are all low-sodium (below 2400 mg sodium for each day), they contain plenty of fiber and contain NO red meat. These menus are low in fat, especially saturated fat, and higher in unsaturated fats, polyunsaturated and monounsaturated, the “heart healthy” fats. These menus are also low in cholesterol with no more than 200 mg per day. Also included in these menus are soy foods. Soy foods can help protect against heart disease by helping to reduce cholesterol levels.

30 Day Cholesterol Control for Men

(1800 calories thru 2800 calories)

Mixed macronutrient ratios

Created by Kim Tessmer RD, LD and Suzanne Fisher, RD, LD

Week 1&2:

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon, kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the “mental fog” we find we live with on a daily basis.

Week 3:

The average American diet consists of 510 mg of dietary cholesterol per day. The Low Cholesterol template provides intake averages less than 120 mg per day for the seven-day period. These menus contain plenty of fiber-rich foods including grains and vegetables which will help in lowering LDL levels (bad cholesterol) and triglycerides. By combining a regular exercise program with these templates one can raise HDL (good cholesterol) levels and prevent future health problems. The primary source of proteins comes from fish and poultry. Meals are distributed between 5 to 6 meals each day to boost metabolism.

Week 4:

These menus follow the guidelines set by the American Heart Association to help reduce your risk of heart disease. They are jam-packed with fruits, vegetables, a variety of whole-grain products, and “good” fats. The menus are rich in foods that contain soluble fibers as well as omega-3 fatty acids such as fatty fish,

nuts and flaxseed, which all help to lower cholesterol and protect our heart health. This heart healthy diet is high in B vitamins including B6 and folate, which may help to lower levels of a substance called homocysteine in the blood. High levels of homocysteine are a clear risk factor for heart disease. Other heart healthy substances included in these menus are phytochemicals such as isoflavones found in legumes such as soybeans; lycopene found in produce such as tomatoes; indoles found in cruciferous vegetables such as broccoli, polyphenols present in green or black tea; and beta-carotene found in orange and yellow produce. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as heart disease.

30 Day Hypertension for Men and Women

(1800 calories thru 2800 calories)

Mixed macronutrient ratios

Created by Kim Tessmer RD, LD and Suzanne Fisher, RD, LD

Week 1&2:

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon, kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the “mental fog” we find we live with on a daily basis.

Week 3:

The Stroke Templates follow the ideas of the “DASH Diet” (Dietary Approaches to Stop Hypertension), a set of dietary guidelines designed for those with high blood pressure but also a heart-healthy eating plan. Recent research found that the DASH Diet, which may help lower blood pressure, might also reduce levels of homocysteine, a possible risk factor for heart disease and stroke. The Dash Diet is rich in low-fat dairy foods, fruits, and vegetables as well as low in saturated fat and total fat. This eating plan is rich in minerals that may help to lower blood pressure, especially calcium, potassium and magnesium. These templates are also jam packed with vitamin C. A growing body of evidence suggests that people who eat plenty of fruits and vegetables daily to meet their vitamin C requirements have healthier blood pressure levels than those who don't. These Templates contain loads of fruits and vegetables, which allows for a moderate intake of sodium since these foods are so much lower in sodium than many other foods.

Week 4:

These menus follow the guidelines set by the American Heart Association to help reduce your risk of heart disease. They are jam-packed with fruits, vegetables, a variety of whole-grain products, and “good” fats. The menus are rich in foods that contain soluble fibers as well as omega-3 fatty acids such as fatty fish, nuts and flaxseed, which all help to lower cholesterol and protect our heart health. This heart healthy diet is high in B vitamins including B6 and folate, which may help to lower levels of a substance called homocysteine in the blood. High levels of homocysteine are a clear risk factor for heart disease. Other heart healthy substances included in these menus are phytochemicals such as isoflavones found in legumes such as soybeans; lycopene found in produce such as tomatoes; indoles found in cruciferous vegetables such as broccoli, polyphenols present in green or black tea; and beta-carotene found in orange and yellow produce. The foods contained in these menus increase your intake of not only phytochemicals but also antioxidants, which also can help to protect you from certain health problems such as heart disease.

30 Day Women's Anti Aging

(1800 calories thru 2800 calories)

Mixed macronutrient ratios

Created by Kim Tessmer RD, LD and Suzanne Fisher, RD, LD

Week 1&3:

These menus are geared toward the older woman going through menopause. At this time in a woman's life, diet is especially important to health and well being. These menus meet the needs of these women. These Mature Women menus include good sources of fiber, are low in fat (24% fat), high in calcium and moderate in sodium. They contain Soy products, which are believed to help fight symptoms of menopause as well, as decrease the risk for certain cancers and help protect against heart disease.

Week 2&4:

Maximum bone loss occurs as early as the mid thirties. After that we begin to slowly lose bone density and/or bone strength. The "Bone Health" Templates are on the cutting-edge of current research being done in the areas of bone strength and the prevention of osteoporosis. The nutritional goals in maximizing bone mass and minimizing bone loss include adequate intakes of calcium, vitamin D, magnesium, phosphorus, vitamin C, vitamin A, manganese, copper, iron, zinc and unsaturated fatty acids. These menus include foods such as dairy products, fruits, vegetables, whole-grains, nuts and meats that are rich in all of these essential nutrients. Ongoing studies are linking vitamin K and vitamin B12 to the prevention of hip fractures and to the strengthening of bones. These menus include foods such as dark green leafy vegetables, whole grains, dairy foods, fish, beef, and eggs that are rich in both these important vitamins. In addition, these menus include isoflavones from soy foods, which are believed to help prevent osteoporosis and benefit bone health. Soyfoods and flaxseed are also excellent sources of phytoestrogens. Phytoestrogens are known as plant chemicals and have been shown to either directly or indirectly impact bone turnover.

30 Day Weight Loss for Men and Women

(1800 calories thru 2800 calories)

Mixed macronutrient ratios

Created by Kim Tessmer RD, LD and Suzanne Fisher, RD, LD

Week 1&2:

A healthy body begins with living right, eating good foods and eliminating toxins from our body. Our vegetarian detoxification template is loaded with green vegetables, nuts, fruits, lentils and gluten free carbohydrates to help the body eliminate built up toxins in the liver. The liver is the main organ focused in our detoxification process. If the liver is not functioning properly, all of the other organs such as the colon, kidneys, heart, brain, lungs, skin and hormonal systems will be less adequate. This can breakdown the body making it susceptible to many life threatening diseases. Our well designed detoxification program should provide the liver the ability to rid itself of incoming toxins and flush away the stored up fat soluble toxins, leaving you feeling more focused and clearing away the "mental fog" we find we live with on a daily basis.

Week 3:

The Weight Loss meal plan has been designed to yield fast results by combining the cleanest (low in fats), highest quality foods possible distributed between 5 to 6 meals each day to boost metabolism. Protein sources are provided by lean meats such as chicken, turkey and fish. This meal plan may be somewhat limited in variety but has been clinically proven to shed weight quickly when combined with a regular exercise routine consisting of cardiovascular exercises to burn calories and resistance exercises to maintain muscle tissue. The Weight Loss meal plan is very popular amongst male and female fitness enthusiasts to burn fat and maintain muscle.

Week 4:

These menus are low-carb (about 40% carbs) but still contain all of the essential nutrients. These menus are not, “no carb”, but contain enough for good health and a healthy, successful weight loss. The carbs that are included are concentrated high fiber products.

30 Day New Moms Post Pregnancy

(1800 calories thru 2800 calories)

Mixed macronutrient ratios

Created by Kim Tessmer RD, LD and Suzanne Fisher, RD, LD

Week 1&3:

Pregnancy and/or breastfeeding can leave you with the problems that accompany hormonal imbalances. These problems may include slow weight loss, loss of energy, depression, increased stress and delay of menstruation. The Post Pregnancy Hormonal Balance Meal Template is meant for those women who are both post-pregnancy and post-breastfeeding. This Template is meant to help you begin balancing out your hormones and to start feeling more like yourself through good nutrition. Keep in mind it isn't only dietary intake to take into consideration. It is important to exercise regularly (including both aerobic and weight training), drink plenty of water, limit caffeine, limit toxins, get plenty of sleep and take a multi-vitamin/mineral supplement. This Template guides you to eating consistently throughout the day and incorporates food products and beverages that are believed to help balance hormone levels. It is chock full of healthy foods that can naturally help to balance hormones such as omega-3 fatty acids, complex carbs, fruit and veggies. It is highly recommended that you speak with your physician first before starting any type of exercise and/or weight loss program after pregnancy and/or breastfeeding.

Week 2&4:

The Post Pregnancy Weight Loss Meal Template is for those women who are post-pregnancy as well as post-breastfeeding, if applicable. Be patient with weight loss at this time as starting a diet too soon after pregnancy can hamper your recovery time and zap the needed energy it takes to take care of a newborn. Keep in mind that many women don't go back to their pre-pregnancy weight and/or clothes size. Pregnancy can cause many changes to the body. With that in mind, once your body is ready, it is most definitely possible to lose some of the weight you gained during pregnancy. The Post Pregnancy Weight Loss Meal Template can help get you started on losing weight and gaining energy the healthy way. It contains all the healthy foods and nutrients needed to start feeling more like yourself again including protein, fiber, healthy fats, complex carbs as well as B vitamins, just to name a few. This Template keeps you eating throughout the day to keep your much needed energy levels up. With a new baby and obvious time constraints in mind this meal template contains plenty of especially easy to prepare meals and snacks. In addition to eating right, exercise is another component of healthy weight loss, increased energy and stress relief. It is highly recommended that you speak with your physician first before starting any type of exercise and/or weight loss program after pregnancy and/or breastfeeding.

30 Day Pre/Post Natal Lactating

(1800 calories thru 2800 calories)

Mixed macronutrient ratios

Created by Kim Tessmer RD, LD and Suzanne Fisher, RD, LD

Week 1&3:

Prenatal women need to pay special attention to their dietary intake. Their diets should be well-balanced and healthy to provide all of the necessary nutrition both mom and baby need for a healthy pregnancy and proper development. Now is not the time for weight loss and/or cutting calories. It is important to consume enough healthy calories to fit the needs of a growing baby. Find your accurate calorie needs within this template without going lower than 1800 calories. Pregnancy is the time for slow, steady and healthy weight gain, fueled by the proper foods, as mom's body changes and the baby develops. An average sized woman needs about 300 calories above maintenance level in the first trimester with an

additional 350 in the second and 500 calories towards the end of pregnancy, depending on current weight gain. In addition, it is vital to stay well hydrated yet to limit caffeine and avoid alcohol. This Prenatal Meal Template acts as a guide and will provide you with a healthy start to prenatal nutrition, providing all of the food groups in the proper balance. This Template takes into consideration the nutrients that are essential during pregnancy including folic acid, calcium, and iron as well as fiber, protein and healthy fats (including DHA) just to name a few. During pregnancy it is highly recommended that you speak with your physician about adding a prenatal vitamin/mineral supplement, to your diet. Always speak to your physician first before starting an exercise and/or dietary program during pregnancy.

Week 2&4:

Women who are breastfeeding need to pay special attention to their dietary intake. As with pregnancy their diet should be well-balanced, healthy and provide all of the nutrition necessary to encourage a healthy milk supply. Now is not the time for cutting calories, in fact a drastic drop in calorie intake can greatly effect milk supply both in quality and quantity. Losing more than one pound a week of body weight it is probably a sign that more calories are needed. The goal during breastfeeding is to take in additional calories, over maintenance level, and choose healthfully. It is vital to stay well hydrated yet to limit caffeine and avoid alcohol. The Healthy Breastfeeding Meal Template doesn't just provide you with the extra calories you need it provides you with the additional nutrition that your body requires during breastfeeding such as protein, healthy fats (including DHA), fiber, calcium, vitamin D and vitamin B12. During breastfeeding it is recommended that you speak with your physician about continuing supplements, such as a prenatal vitamin/mineral supplement. Always speak to your physician first before starting an exercise and/or dietary program during breastfeeding.

Series XI – True Paleo Series

True Paleo FODMAP

(20% carb, 30% pro, 50% fat)
(1200 Calories thru 1600 Calories)
Creator: Nell Stevenson, MS

There are a few extra foods, in addition to the standard Paleo diet, that one needs to avoid if following a low FODMAP diet. Here's an easy way to get the hang of your new healthy eating plan to help get you as healthy as you can be and put an end to GI distress from eating certain foods.

Key features include:

- -Five balanced meals per day, including breakfast, lunch, dinner and two snacks
- -Tonight's dinner = tomorrow's lunch (save prep time!)
- -Easy to follow preparation ideas
- -All meals balanced with regard to macronutrient ratios
- -All meals are composed of whole, True Paleo foods. Nothing processed.

Try eating this way for just one month and support your body in its effort to become less 'irritable' (pun intended!)

True Paleo AutoImmune

(25% carb, 25% pro, 50% fat)
(1200 Calories thru 1600 Calories)
Creator: Nell Stevenson, MS

There are a few extra foods, like nightshade plants, nuts, seeds and egg whites, in addition to the standard Paleo diet, that one needs to avoid if dealing with an autoimmune issue. Here's an easy way to get the hang of your new healthy eating plan to help get you as healthy as you can be, and focus on everything you can eat, rather than feeling like you're in food jail!

Key features include:

- -Five balanced meals per day, including breakfast, lunch, dinner and two snacks

- -Tonight's dinner = tomorrow's lunch (save prep time!)
- -Easy to follow preparation ideas
- -All meals balanced with regard to macronutrient ratios
- -All meals are composed of whole, True Paleo foods. Nothing processed.

Try eating this way for just one month and support your body in its effort to become less inflamed.

True Paleo Pescapaleo

(25% carb, 25% pro, 50% fat)
(1200 Calories thru 1600 Calories)
Creator: Nell Stevenson, MS

Interested in Paleo but not keen on eating meat or poultry! Not a problem. We can rely on a variety of wild fish to provide high quality protein without compromised our nutrition.

Key features include:

- -Five balanced meals per day, including breakfast, lunch, dinner and two snacks
- -Tonight's dinner = tomorrow's lunch (save prep time!)
- -Easy to follow preparation ideas
- -All meals balanced with regard to macronutrient ratios
- -All meals are composed of whole, True Paleo foods. Nothing processed.

Try eating this way for just one month and support your body with this emphasis on the rich protein source!

True Paleo Strength

(25% carb, 30% pro, 45% fat)
(1200 Calories thru 1600 Calories)
Creator: Nell Stevenson, MS

Advice on what is Paleo and what is not can vary greatly from one gym affiliate to the next. This plan spells it out for you, completely in keeping with a True Paleo approach!

This True Paleo nutritional plan for the strength is perfect to use in conjunction with your current training schedule.

Key features include:

- -Two off training days per week.
- -Specific meals / snacks to eat around the timing of your workouts.
- -Preparation suggestions are included in some meals, and it's encouraged to make extra portions at dinner so as to eat the leftovers the following day for lunch.
- -Macronutrient ratio is the focus over number of calories.

Get ready to reach your lean & strong potential!

True Paleo Triathlete

(40% carb, 30% pro, 30% fat)
(1200 Calories thru 1600 Calories)
Creator: Nell Stevenson, MS

A 4 week paleo-based nutritional plan for multisport and/or endurance athletes. Perfect to use in conjunction with your workouts assigned by your coach.

Key features include:

All meals are within keeping of paleo eating guidelines.

Meals are built with the assumption that weekends are assumed to be higher volume days, while weekdays are planned as shorter, but perhaps more intense workouts.

Preparation suggestions are included in some meals, and it's encouraged to make extra portions at dinner so as to eat the leftovers the following day for lunch.

Macronutrient ratio is the focus over number of calories. Get ready to reach your lean & fast racing potential.

Bariatric VLCDs – Very Low Calorie Diet

Low Glycemic - (50c/25p/25f) 700 to 1300 cal.

Low Carb - (40c/30p/30f) 700 to 1300 cal.

Stable Blood Sugar - (60c/20p/20f) 700 to 1300 cal.

Creator: Kimberly Tessmer, LD RD

VLCDs are designed to produce rapid weight loss at the start of a weight-loss program in patients with a body mass index (BMI) greater than 30 and significant comorbidities. Use of VLCDs in patients with a BMI of 27 to 30 should be reserved for those who have medical conditions due to overweight, such as high blood pressure. In fact, all candidates for VLCDs undergo a thorough examination by their health care provider to make sure the diet will not worsen preexisting medical conditions. Lastly, these diets are not appropriate for children or adolescents, except in specialized treatment programs. Because adults over age 50 already experience depletion of lean body mass, use of a VLCD may not be warranted. Also, people over 50 may not tolerate the side effects associated with VLCDs because of preexisting medical conditions or the need for other medicines. Furthermore, doctors must monitor all VLCD patients regularly—ideally every 2 weeks in the initial period of rapid weight loss—to be sure patients are not experiencing serious side effects.

Please reference the contents of this brochure for detailed descriptions of each category from their appropriate Series.

Disclaimer: These Templates should ALWAYS be used in conjunction WITH proper nutritional counseling from a qualified professional such as a registered dietitian or doctor. Nutritional guidelines and proper education is vital to the success and safety of the program.

Childhood Obesity Templates

Getting a Healthy Start (2-3 years)

1000, 1200, 1400 calories (depending on age and activity level)

55% carb, 10% protein, 35% fat

Creator: Kimberly Tessmer, LD RD in conjunction with Dr Zachery Reda, MD

The *Getting a Healthy Start* template will help parents get their child, aged 2 to 3 years, off to the best nutritional start possible. Young children need the perfect blend of calorie and nutritional intake to keep them growing and in the right direction. This template fits all of that into a 7-day plan that focuses on introducing them to a variety of healthy, tasty and simple foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added sugars. This template is built around six small meals per day to fit their miniature appetites. Not only will children learn what healthy foods are but parents will become aware of how to encourage healthy eating habits for life.

Growing Up With Healthy Habits (4-8 years)

(1200, 1400, 1600, 1800, 2000) calorie intake depends on gender, age and activity level)

55% carb, 15% protein, 30% fat

Creator: Kimberly Tessmer, LD RD in conjunction with Dr Zachery Reda, MD

The *Growing Up With Healthy Habits* template will help parents start their child, aged 4 to 8 years, on life-long healthy eating practices. Habits are formed at a young age and starting good habits early is vital. It is important that children be structured in their eating routine and that they learn young what healthy foods actually are. Not only will the child adopt good eating habits but parents will become aware of how to encourage healthy eating habits for life. Children need a blend of calories and nutritional intake to fit their gender, age and activity level and keep them growing and developing properly. This template fits all of that into a 7-day plan that encourages and teaches children to try a variety of healthy and tasty foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added

sugars. This template is built around three meals and two snacks per day to fit children's school schedule. Lunches are planned so that they can be packed for school and dinners were created so they can be enjoyed with the whole family.

Develop Healthy Eating Habits (9-13 years)

(1600, 1800, 2000, 2200, 2400, 2600) calorie intake depends on gender, age and activity level
55% carb, 20% protein, 25% fat
Creator: Kimberly Tessmer, LD RD in conjunction with Dr Zachery Reda, MD

The *Develop Healthy Eating Habits* template will help parents start their child, aged 9 to 13 years, learning and continuing healthy eating practices. In this age range, media, friends and visual cues can very easily influence children. Children need to be taught what is in fact healthy and they require a helping hand that will lead them in the right direction. This template will do just that by presenting them with foods that will give them the nutrition they need to continue to develop into young healthy adults. This template will ensure that children receive the calories and nutritional intake they need, according to gender, age and activity level, for proper development. Not only will the child adopt good eating habits but parents will become aware of how to encourage healthy eating habits for life. This template fits all of that into a 7-day plan that encourages and teaches children to try a variety of healthy and tasty foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added sugars. This template is built around three meals and two snacks per day to fit children's school schedule. Lunches are planned so that they can be packed for school and dinners were created so they can be enjoyed with the whole family.

Healthy Teen Years (14-18 years)

(1800, 2000, 2200, 2400, 2600, 2800, 3000, 3200) calorie intake depends on gender, age and activity level
50% carb, 25% protein, 25% fat
Creator: Kimberly Tessmer, LD RD in conjunction with Dr Zachery Reda, MD

The *Healthy Teen Years* template will help teens, aged 14 to 18 years of age, adopt permanent healthy eating habits. This template will encourage and empower teens to take responsibility of their health by becoming aware of the foods they eat. Teens are growing and developing quickly and need a calorie and nutritional intake that will support their development, gender, age and activity level. This 7-day template does just that with three healthy meals and two snacks per day that will fit around the teen's school schedule and include foods that are good sources of fiber, provide essential vitamins, minerals and antioxidants and contain no added sugars. Lunches are planned so that they can be packed for school and dinners were created so they can be enjoyed with the whole family.

Women's Pre/Post Natal Maternity Series

Prenatal Template

(1800, 2000, 2200, 2400, 2600, 2800 calories)
50% CHO, 25% PRO, 25% FAT
Creator: Kimberly Tessmer, LD RD

Prenatal women need to pay special attention to their dietary intake. Their diets should be well-balanced and healthy to provide all of the necessary nutrition both mom and baby need for a healthy pregnancy and proper development. Now is not the time for weight loss and/or cutting calories. It is important to consume enough healthy calories to fit the needs of a growing baby. Find your accurate calorie needs within this template without going lower than 1800 calories. Pregnancy is the time for slow, steady and healthy weight gain, fueled by the proper foods, as mom's body changes and the baby develops. An average sized woman needs about 300 calories above maintenance level in the first trimester with an additional 350 in the second and 500 calories towards the end of pregnancy, depending on current weight

gain. In addition, it is vital to stay well hydrated yet to limit caffeine and avoid alcohol. This Prenatal Meal Template acts as a guide and will provide you with a healthy start to prenatal nutrition, providing all of the food groups in the proper balance. This Template takes into consideration the nutrients that are essential during pregnancy including folic acid, calcium, and iron as well as fiber, protein and healthy fats (including DHA) just to name a few. During pregnancy it is highly recommended that you speak with your physician about adding a prenatal vitamin/mineral supplement, to your diet. Always speak to your physician first before starting an exercise and/or dietary program during pregnancy.

Healthy Breastfeeding

(1800, 2000, 2200, 2400, 2600, 2800 calories)
50% CHO, 30% PRO, 20% FAT
Creator: Kimberly Tessmer, LD RD

Women who are breastfeeding need to pay special attention to their dietary intake. As with pregnancy their diet should be well-balanced, healthy and provide all of the nutrition necessary to encourage a healthy milk supply. Now is not the time for cutting calories, in fact a drastic drop in calorie intake can greatly effect milk supply both in quality and quantity. Losing more then one pound a week of body weight it is probably a sign that more calories are needed. The goal during breastfeeding is to take in additional calories, over maintenance level, and choose healthfully. It is vital to stay well hydrated yet to limit caffeine and avoid alcohol. The Healthy Breastfeeding Meal Template doesn't just provide you with the extra calories you need it provides you with the additional nutrition that your body requires during breastfeeding such as protein, healthy fats (including DHA), fiber, calcium, vitamin D and vitamin B12. During breastfeeding it is recommended that you speak with your physician about continuing supplements, such as a prenatal vitamin/mineral supplement. Always speak to your physician first before starting an exercise and/or dietary program during breastfeeding.

Post Pregnancy Weight Loss

(1200, 1400, 1600, 1800, 2000, 2200 calories)
45% CHO, 35% PRO, 20% FAT
Creator: Kimberly Tessmer, LD RD

The Post Pregnancy Weight Loss Meal Template is for those women who are post-pregnancy as well as post-breastfeeding, if applicable. Be patient with weight loss at this time as starting a diet too soon after pregnancy can hamper your recovery time and zap the needed energy it takes to take care of a newborn. Keep in mind that many women don't go back to their pre-pregnancy weight and/or clothes size. Pregnancy can cause many changes to the body. With that in mind, once your body is ready, it is most definitely possible to lose some of the weight you gained during pregnancy. The Post Pregnancy Weight Loss Meal Template can help get you started on losing weight and gaining energy the healthy way. It contains all the healthy foods and nutrients needed to start feeling more like yourself again including protein, fiber, healthy fats, complex carbs as well as B vitamins, just to name a few. This Template keeps you eating throughout the day to keep your much needed energy levels up. With a new baby and obvious time constraints in mind this meal template contains plenty of especially easy to prepare meals and snacks. In addition to eating right, exercise is another component of healthy weight loss, increased energy and stress relief. It is highly recommended that you speak with your physician first before starting any type of exercise and/or weight loss program after pregnancy and/or breastfeeding.

Post Pregnancy Hormonal Balance

(1200, 1400, 1600, 1800, 2000, 2200 calories)
50% CHO, 30% PRO, 20% FAT
Creator: Kimberly Tessmer, LD RD

Pregnancy and/or breastfeeding can leave you with the problems that accompany hormonal imbalances. These problems may include slow weight loss, loss of energy, depression, increased stress and delay of menstruation. The Post Pregnancy Hormonal Balance Meal Template is meant for those women who are both post-pregnancy and post-breastfeeding. This Template is meant to help you begin balancing out your

hormones and to start feeling more like yourself through good nutrition. Keep in mind it isn't only dietary intake to take into consideration. It is important to exercise regularly (including both aerobic and weight training), drink plenty of water, limit caffeine, limit toxins, get plenty of sleep and take a multi-vitamin/mineral supplement. This Template guides you to eating consistently throughout the day and incorporates food products and beverages that are believed to help balance hormone levels. It is chock full of healthy foods that can naturally help to balance hormones such as omega-3 fatty acids, complex carbs, fruit and veggies. It is highly recommended that you speak with your physician first before starting any type of exercise and/or weight loss program after pregnancy and/or breastfeeding.

Ketogenic Collection

(1300, 1500, 1700 calories)

VLCDs (500, 800, 900, 1000 calories)

25% CHO, 5% PRO, 70% FAT

Creator: Dr Washington Bryan, MD

The main difference between a regular low carb diet plan and a ketogenic diet plan is the amount of carbohydrate and protein allowed on a daily basis:

- A ketogenic diet plan requires tracking the carb amounts in the foods eaten and keeping carbohydrate intake between 20-50 grams per day. The daily protein requirement will be moderate. The balance of calories will be from fats. These ratios ensure ketosis which is the main objective of the ketogenic diet.
- The nutrient intake on a ketogenic diet typically works out to about 70-75% of calories from fat, 20-25% from protein, and 5-10% from carbohydrate on a daily basis. Since a ketogenic diet reduces hunger, most find they don't really need to get involved in calorie counting, unless one feels more comfortable tracking them.

The key to understanding a ketogenic diet plan is to remember that one is swapping out the carbs in the diet with a higher fat and a moderate protein intake.

Why high fat and moderate protein? Fats have no effect on blood sugar and insulin levels. Protein does affect both blood sugar and insulin, if large quantities are consumed. If you overeat protein, about 56% of any excess protein will be converted to glucose (sugar) in the body, and that extra glucose hanging around will increase insulin, and put the brakes on the body's ability to release and burn fatty acids (go into ketosis).

Disclaimer: These Templates should ALWAYS be used in conjunction WITH proper nutritional counseling from a qualified professional such as a registered dietitian or doctor. Nutritional guidelines and proper education is vital to the success and safety of the program.