

*The*  
**F.I.T.N.E.S.S.**  
**Nutrition Plan**

**Weight Reduction System**

*A balanced, proven plan used by thousands  
to help reduce body fat and experience optimal health.*



*Presented by*



# Weight Reduction System\*

We have created thousands of eating plans for athletes, patients and busy people just like you for over two decades. Research studies confirm that in order to stick with a healthy eating plan, it must be easy-to-follow and sustainable for life.

With this in mind, we have simplified thousands of pages of research and clinical experience into a plan that anyone can follow. It includes menus, shopping guides, and even what to order when eating out. Following this plan will help you cut out processed, toxic foods that cause fat gain and disease.

This system helps create blazing fast results by utilizing FOUR powerful products and a special Half-Day Liver/Kidney Cleanse Kit. Together, they nutritionally support quick fat reduction while supplying essential nutrients for optimal health.

**Optimal Fat • Sugar • Trim** is our unique secret weapon against fat. Otherwise known as the metabolism formula, it gets rid of undigested fats, helps normalize blood sugar levels, and gives your body the nutrients it needs to metabolize them as energy, instead of being stored as fat.

**Optimal B-Awake** is designed to help improve both your mental and physical energy levels through organic and wholesome nutrients.

**Optimal Complete Nutrition Plus** is the cleanest, most nutrient-balanced, purest, and the ONLY hypoallergenic high protein formula available. It combines 9 vegetarian protein sources your muscles need for recovery and strength building.

**Optimal LipoLean CLA** is our food craving and fat reduction formula. Just take two pills in the morning, and two more before bed every day, until the entire bottle is gone.

**Optimal Half-Day & Optimal Liver/Kidney Cleanse Kit** (optional) cleanses your cells, creating the ability to continue to lose excess body fat and toxins without the plateau effect.



\*Re-order product as needed within 6 week plan and after. Not all products will last full duration of program.

*Weight Reduction*

*Introduction*

*Nutrition Plan*

# Welcome to the F.I.T.N.E.S.S. Nutrition Plan

*A guide to lasting lifestyle changes ensuring optimal health!*

You will experience the greatest success and most immediate results by following the FITNESS Nutrition Plan/Weight Reduction System. Not only will you experience body fat reduction, most individuals also experience a myriad of AWESOME other “side effects”. Here are some other great benefits you will see as your nutrition and fitness levels improve:

- Increased Energy
- Lower Cholesterol
- Mental Focus
- Inflammation Reduction
- Fewer Aches and Pains

And much more ...

The goal is not only to help you lose excess weight/body fat but to create lasting habits that will help you maintain your weight loss and create vitality for you and your family forever.

Follow the F.I.T.N.E.S.S. Nutrition Plan as close as possible! You will notice during the first two weeks, the foods you are allowed to eat are outlined exactly. Then, beginning with week three (after your juice cleanse) the plan explains additional foods you may eat and modifications you can make as the program progresses.

Once you have completed the program, we recommend you repeat the F.I.T.N.E.S.S. Nutrition Plan. This will allow your body to take full advantage of the power of CLA. Or, you may feel you have had a good enough jump start and your results have been such that you can start to fashion your own food plan based upon the same principles that have been laid out. Just make sure to take Optimal LipoLean CLA™ for the full 12 weeks.

Remember, nutrition shouldn't be complicated. Following basic principles yields the greatest results. Keep your complex carbohydrates around 60% of your overall diet, lean proteins around 20% and healthy fats around 20%. Consume foods as close to their natural state as possible. Stay away from heavily processed and packaged foods. Simply put, EAT CLEAN and achieve OPTIMAL HEALTH!



# Weight Reduction Plan

## Weekly Instructions

### Weeks One & Two

For the first two weeks, follow the Nutrition Plan as closely as possible. While this plan may seem unfamiliar and perhaps a little strict at first, following it to a “T” will ensure you achieve the greatest possible results from the program.

If you feel hungry at first, you may add second servings of any vegetables.

**Water:** Drink six to eight 8 oz glasses of water daily.

#### BREAKFAST

- One fist-sized portion of raw fruit
- 1 Serving of Raw Cereal Blend (see pg. 3 for recipe)

#### Supplementation

2 Optimal Natural Vitality  
2 Optimal Fat • Sugar • Trim  
2 LipoLean CLA

#### MORNING SNACK

- 1 Serving Complete Nutrition Plus in 8 oz. skim milk, soy milk, almond milk, fresh juice or water.
- OR one fist-sized portion of raw fruit.
- OR one fist-sized portion of fresh vegetables.

#### LUNCH

- Large salad (2-4 cups) comprised of raw vegetables including dark, leafy greens.
- Lean protein (3-4 oz) chicken, turkey, fish, tofu or whole beans ~ try to use salmon at least once a week.
- Dressing: vinegar or lemon juice with 1 tsp. of healthy oil, such as grape seed oil or extra virgin olive oil.
- Add Mrs. Dash (or like) seasoning, if desired (NO cheeses, creamed dressings, croutons, etc.)

#### Supplementation

1 Optimal Fat • Sugar • Trim

#### AFTERNOON SNACK

- ½ Serving Complete Nutrition Plus in 4-8 oz skim milk, soy milk, almond milk, fresh juice or water.
- OR one fist-sized portion of fresh fruit.
- OR one fist-sized portion of fresh vegetables.

#### Supplementation

1 Optimal Natural Vitality

#### DINNER

For dinner, eat 1 cup whole grains, 3-4 oz lean meat, and 1 cup vegetables (remember to include at least some raw!). Be sure to avoid adding cheese or processed sauces and dressings. Here are some examples of acceptable dinners (find a larger list and recipes on pg. 4). Be sure to follow serving sizes listed above.

- Turkey Sandwich on whole grain bread, with vegetables (lettuce, tomatoes, sprouts, etc.).
- Fish, brown rice, green salad.
- Mexican Dinner: Chicken fajitas (chicken, onions, peppers) on steamed corn tortillas.
- Italian Dinner: Marinara sauce on whole wheat or spinach pasta, green side salad.
- Asian Dinner: Brown rice, chicken, steamed vegetables.

#### Supplementation

1 Optimal Fat • Sugar • Trim  
*At bedtime:* 2 Optimal Fat • Sugar • Trim  
2 LipoLean CLA



# 3-Day Juice Cleanse

At the beginning of week three, follow the Three-Day Juice Cleanse recommendations below then continue with the Six Week Program.

Resetting your metabolism through juicing can make all the difference in shedding excess body fat and stored toxins. Juicing is a great way to load your cells with micro nutrients and reduce stress on the digestive system.

The following three days will have a great cleansing and cell fortifying effect. Use the following recipes for the next three days. While continuing with your supplement protocol on page 1 you may substitute melon, berries and/or other citrus for any of the listed fruits to fit your taste. It is important to retain the 2 cups of greens and other vegetables within the blend to maintain the alkalinity of the juice. Feel free to add other vegetables to taste.

The recipes below makes about 24 ounces of juice.

Each one will use:

Base ingredients for all blends:

- 2 cups greens (spinach, turnip greens, kale etc.)
- 1 green apple
- 2 oranges (peeled)
- 2 carrots
- 2 celery sticks
- 1 gala or ambrosia apple
- ½ lemon (peeled)

## MORNING BLEND (2 servings)

1. Add ¼ tsp cayenne pepper after juicing is complete for metabolism, energy, and focus boost.
2. Stir and drink one at 7 a.m., and then the other at 10 a.m.

## AFTERNOON BLEND (2 servings)

1. Add 1 thumb ginger, juiced (for intestinal cleansing)
2. Stir and drink one at 1 p.m., and then the other at 4 p.m.

## EVENING BLEND (2 servings)

1. Add 1 tsp flax seed oil (for micronutrient absorption)
2. Stir and drink one at 7 p.m., and then the other right before you go to bed.



# Weeks Three & Four

During the next two weeks, you may choose to make the following modifications from weeks 1-2.

## BREAKFAST

You may eat 1 cup Oat Bran Cereal in place of the raw cereal blend or Optimal Whole Grain Pancakes (see recipe on page 3).

## LUNCH

- Turkey, chicken or tuna sandwich on whole wheat or whole grain bread.
- Mix tuna with 1 tsp. mustard, if desired, or with 1 tsp grape seed oil or extra virgin olive oil.
- Add tomatoes, lettuce, sprouts, cucumber slices or other vegetables.
- No creamy dressings, cheese, etc.

## DINNER

Follow recommendations for Weeks One & Two.

**Water:** Drink six to eight 8 oz glasses of water daily.

**Supplementation:** Follow guidelines for Weeks 1 and 2.

# Half-Day Cleanse

On the final day of week 4, after consuming your lunch (salad) begin Half-Day Cleanse. **Follow instructions in brochure and then move on to weeks 5 and 6 of the program (this step is optional).**

# Weeks Five & Six

## BREAKFAST

Along with any of the first four weeks' breakfast options, you may add scrambled egg beaters or egg whites.

## LUNCH & DINNER

You may eat out according to the Guidelines For Eating Out starting on page 9.

**Water:** Drink six to eight 8 oz glasses of water daily..

**Supplementation:** Follow guidelines for Weeks 1 and 2.

# Breakfast

## Recipes and Guidelines

### Raw Cereal Blend

- ½ Cup Raw Cereal Blend Grape Nuts, Shredded Wheat & Bran, Fiber One, or Fiber Wise
- 1 Tsp nuts or seeds (slivered almonds, pumpkin or sunflower seeds)
- ¼ Cup old fashioned rolled oats
- 1 Tsp raw wheat germ
- Pinch of flax seeds
- Organic honey or Stevia to taste (optional)

1. Mix all ingredients together.
2. Serve with ½ cup skim or almond milk, fresh juice, or water (makes 1 serving).

**Note:** For gluten-free options, omit wheat germ and replace “Raw Cereal Blend” with a gluten free cereal (Arrowhead Mills has some good options, such as organic oat bran flakes and organic amaranth flakes).

### Overnight Oatmeal

- Greek yogurt (32 oz)
- 2 large apples, peeled and chopped
- 2 bananas, sliced
- 1 cup sliced strawberries or blueberries (fresh or thawed)
- ¼ cup chopped raw pecans
- ½ cup raw oats

1. Mix all ingredients together in a medium bowl.
2. Divide equally between 6 lidded containers and refrigerate overnight (makes 6 servings).

### Optimal Whole Grain Pancakes

- 1 cup whole wheat flour or multigrain pancake mix
- ½ cup old fashioned rolled oats
- Pinch of Stevia
- ½ tsp baking powder
- ½ tsp ground raw flax seeds
- ½ tsp raw wheat germ
- ¼ tsp ground cinnamon or allspice (optional)
- 2 dashes of salt (optional)
- 1 cup skim milk or water
- ¼ cup blueberries (fresh or thawed), sliced fresh bananas, or diced fresh apples

1. Preheat griddle on medium heat
2. In a medium bowl, mix all dry ingredients.
3. Add liquid and blend
4. Fold in fruit
5. Sweeten with Stevia if desired
6. Lightly spray griddle with non-stick cooking spray
7. Pour enough batter to create fist-sized pancakes and cook until bubbles form.
8. Flip pancakes and cook second side until golden brown.
9. Serve immediately with up to 2 tbsp of an organic fruit spread or maple syrup (makes 2-3 servings).

## HEALTHY BREAKFAST ALTERNATIVES

### Pancakes

- Swap white flour for whole wheat.
- Use egg whites in place of oil.
- Add 1 tsp flax seeds per cup of batter for healthy fats and a nutty flavor.

### French Toast

- Swap white bread for whole wheat.
- Use egg whites in place of whole eggs.

### Scrambled Eggs/Omelets

- Use egg whites in place of whole eggs (leave in part of the yolk if desired).

### Cereal

- Opt for low fat, low sugar varieties.
- Add raw old fashioned oats.

### Oatmeal

- Sweeten with Stevia, instead of sugar or artificial sweeteners.

### Juice Drinks

- Either make your own with a juicing machine or choose juices NOT from concentrate.

### Milk

- Choose raw over pasteurized if you can. Otherwise use skim or milk alternatives such as almond or flax milk.

### Toast

- Use whole grain instead of white.
- Use 100% fruit jams or jellies.

### Hash Browns

- Make your own and use non-stick cooking spray.

*Recipes Continued*

# Lunch & Dinner

## Recipes and Guidelines

### Versatile Chicken

- 1 lb ground chicken or turkey breast

#### Seasoning Option 1

- 1 garlic clove, minced
- 1 tsp salt
- 1 tsp Italian seasoning
- ¼ tsp ground pepper
- ¼ tsp Lawry's seasoned salt (no MSG)

#### Seasoning Option 2

- 1 garlic clove, minced
- 1 pkg. taco or chili mix (no MSG)

#### Seasoning Option 3

- 1 garlic clove, minced
- 1 tbsp fresh lemon or lime juice
- 1 tbsp fresh cilantro or parsley, chopped
- 1 tsp salt
- ¼ tsp Lawry's seasoned salt (no MSG)
- ⅛ tsp ground pepper
- ⅛ tsp cayenne pepper

1. Preheat skillet over medium-high heat.
2. Place chicken in skillet and cook until lightly browned.
3. Remove from pan, add seasoning and stir until evenly distributed.

**Note:** One pound of chicken breast, thinly sliced or cubed, may be used instead of ground options.

### Browned Chicken

(Five 3-oz Servings)

- 1 lb chicken tenders OR 1 lb boneless, skinless chicken breast
- 1 clove garlic, minced



1. Preheat skillet over medium-high heat.
2. Add chicken and garlic to skillet and cook one side until golden brown.
3. Flip and repeat until there is no pink in the middle.

### Quick Pan-Steamed Vegetables

- Vegetables
- Hot water (as needed)



1. Preheat pan on high heat.
2. Apply a light coating of non-stick cooking spray and add vegetables.
3. Stir continuously for approximately 3 minutes, or until vegetables are tender. While stirring add hot water 1 tbsp at a time as needed to keep moisture in the pan.
4. Remove from heat and add seasoning or a small amount of Better Spread (pg. 8).

## MEXICAN STYLE

### Tortillas

- 1-2 tortillas, whole wheat or corn
- Non-stick cooking spray

1. Preheat skillet over medium-high heat.
2. Lightly spray non-stick cooking spray and place tortilla on skillet for 30 seconds.
3. Spray tortilla, turn it over, and cook for another 30 seconds. Serve immediately as either a side or part of the main course.

### Soft Chicken Tacos

- Versatile Chicken
- Whole wheat or corn tortillas
- Raw vegetables of choice
- Salsa, if desired (See pg. 8 for recipe)

1. Follow instructions for both Versatile Chicken and Tortillas recipes.
2. Top with vegetables of choice.
3. If desired, grate 1 tbsp of raw cheese on top, or try adding 1 tbsp of Yogurt Cheese or plain/greek yogurt. (See pg. 8 for recipe)

*Recipes Continued*

### Easy Spanish Rice

- Brown or jasmine rice
- ½ tomato, diced
- ¼ tsp salt
- ¼ tsp Lawry's seasoned salt
- ⅛ tsp cayenne pepper
- 1 tsp finely minced jalapeño chili (optional)

1. Cook rice as directed on the package.
2. Add rest of ingredients and stir until evenly mixed.

### Chicken Burritos

- Whole wheat tortilla
- Black or pinto beans
- Versatile Chicken
- Easy Spanish Rice
- Raw vegetables of choice
- Non-stick cooking spray

1. Add ingredients to bottom half of tortilla, leaving at least one inch of free space on other three sides.
2. Lift bottom flap of tortilla and press and hold against ingredients.
3. Fold one side, and then the other of the tortilla over so tortilla begins to look a bit like an envelope.
4. Keeping mild downward pressure, roll tortilla from bottom to top.

### Build-Your-Own Nachos

- Baked tortilla chips
- Chicken recipe
- Whole pinto beans
- Raw grated cheese
- Vegetables of your choice

1. Set oven to broil.
1. Evenly spread tortilla chips on a foil-covered cookie sheet.
2. Sprinkle cheese evenly over tortillas and place sheet in oven for approximately one minute, or until cheese is melted (watch very closely).
3. Top with Versatile Chicken and pinto beans, and serve.



### Taco Salad

- Romaine lettuce
- Chili (pg. 7)
- Diced tomatoes
- Avocado
- Yellow or green onions
- Sliced black or green olives
- Raw grated cheese
- Salsa

1. Add all ingredients together and serve. Use Yogurt Cheese (pg. 8) or plain yogurt as a substitute for sour cream.

## ITALIAN STYLE

### Oh-So-Healthy Spaghetti

- Whole wheat or spinach noodles
- Low-fat spaghetti sauce
- Versatile Chicken (pg. 4; optional)

1. Follow package directions to cook noodles, then cook for an extra 1-3 minutes to reduce the strong wheat flavor.
2. Strain and add rest of ingredients, then serve.



### Garlic & Mushroom Spaghetti

- Whole wheat or spinach noodles
- Low-fat spaghetti sauce
- Sliced mushrooms
- Garlic, minced

1. Follow package directions to cook noodles, then cook for an extra 1-3 minutes to reduce the strong wheat flavor.
2. Meanwhile, preheat skillet over medium heat and coat with non-stick cooking spray. Sauté mushrooms and garlic until tender and lightly browned.
3. Strain and add rest of ingredients, then serve.

*Recipes Continued*



## Garlic Bread

- Whole grain bread
- Better Spread (pg. 8)

1. Set oven to broil.
2. Line a cookie sheet with foil and place bread slices on top.
3. Add ¼ tsp Better Spread to each slice and sprinkle with garlic salt.
4. Broil for 1 minute.

## Quick Pizza

- Whole grain bagel OR whole grain bread
- Marinara sauce
- Chopped vegetables of your choice
- Versatile Chicken (optional)
- Raw grated cheese (optional)

1. Preheat oven to 400° F.
2. Spread sauce over bread/bagel, then add toppings and sprinkle cheese on last, if desired.
3. Place on baking sheet in oven and cook for 5 minutes.

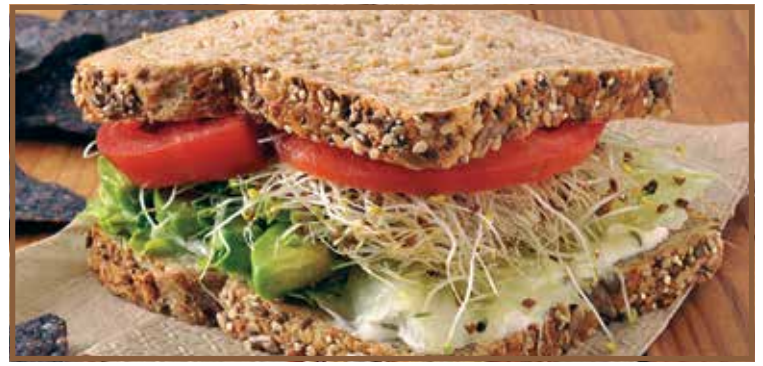


## SANDWICHES & SIDES

### Scrumptious Sandwiches

- Whole grain bread
- Fresh, raw vegetables of choice
- Stone-ground mustard, vinegar, avocado, raw grated cheese, or mayonnaise made with expeller-pressed safflower oil (healthy options to keep sandwich moist)
- Lean meat
- Versatile chicken (pg. 4; optional)

1. Make a sandwich out of the above ingredients.



### Tuna Sandwich

- Whole grain bread
- Water-packed tuna
- ½ tsp mayonnaise (per sandwich)
- ¼ tsp extra virgin olive oil (per sandwich)
- Diced celery, onions, apples, bell peppers, dill pickles, water chestnuts (all optional)
- Slivered almonds (optional)

1. Mix tuna, mayonnaise, and olive oil in a bowl, then add desired diced ingredients and stir until evenly mixed.
2. Make a sandwich out of the above ingredients.

### Healthy Hamburgers

- Whole grain bread/buns
- Ground chicken or turkey breast
- Garlic salt or Lawry's Seasoned Salt (optional)
- Barbecue sauce (optional)
- Raw, grated cheese (optional)
- Condiments made without high fructose corn syrup

1. Preheat skillet over medium heat.
2. Press ground meat into 4 oz patties and place on skillet.
3. Add seasoning and cook thoroughly on both sides.
4. Place cooked patties on buns, add toppings and condiments, if desired, and serve.

### Honey Bread

- Whole grain bread
- Raw organic honey

1. Set oven to broil.
2. Line a cookie sheet with foil and place bread slices on top and broil for 1 minute.
3. Drizzle with honey and serve.

*Recipes Continued*

## Build-Your-Own Healthy Stacked Potato

- Baked or broiled potato(es)
- Chili (pg. 7) or Versatile Chicken (pg. 4)
- Quick Pan-Steam Vegetables (pg. 5)
- Salsa
- Avocado, sliced
- Yogurt Cheese (pg. 8)

1. Preheat oven to 350° F
2. Wrap potato in foil and bake for 50-60 minutes, or until easily pierced by fork
3. Remove from oven and foil, cut in half and add rest of ingredients on top, then serve.



## Chili

- 1 lb ground chicken or turkey
- 1 pkg. chili seasoning (suggest Hain)
- 15 oz kidney beans
- Stewed tomatoes
- ¼ tsp raw sugar (optional)

1. Preheat skillet on medium heat.
2. Add ground meat and cook thoroughly.
3. Add rest of ingredients and stir, then let simmer on medium-low for 30 minutes.

**Note:** Can be slow-cooked in pressure cooker or Crockpot.

## SAUCES

### Mock 7-Up Sauce

- ¾ cup raw sugar
- ½ cup fresh lemon juice
- ¼ cup soy sauce (no MSG, sugars or colorings)
- ¾ cup water

## Luau Sauce

- 1 small onion, thinly sliced (optional)
- 1 bell pepper, thinly sliced (optional)
- ¼ cup raw sugar or local raw, organic honey
- ¼ cup soy sauce (no MSG, sugars or colorings)
- 1 tbsp lemon juice
- 1 cup water
- 1 can pineapple chunks in their own juice OR 1 can apricots in their own juice

## Honey Barbecue Sauce

- 1 cup barbecue sauce (with no high fructose corn syrup or additives)
- ¼ cup water
- 1 tbsp raw, organic honey
- 1 tbsp fresh lemon juice

## Pacific Sauce

- 1 medium green bell pepper cut into strips
- 1 medium onion cut into strips
- 2 tbsp soy sauce (no MSG, sugars or colorings)
- 1 12-oz jar Heinz Fat-Free Chicken Gravy
- 1 12-oz can mandarin orange segments, drained (optional)
- 1 can pineapple tidbits in own juice, drained (optional)

1. Preheat skillet over medium heat.
2. In medium bowl, mix all ingredients but fruit.
3. Add to skillet and let heat, stirring frequently.
4. Once it starts thickening, add fruit and stir before letting simmer for about 1 minute.
5. If making for Browned Chicken (pg. 4), add to chicken and stir until thoroughly coated in sauce.



*Recipes Continued*

### Yogurt Cheese

- 1 container plain or flavored non-fat yogurt
1. Place a strainer in a bowl.
  2. Empty yogurt into a container, then cover and refrigerate for 24 hours.
  3. The liquid will drain out and what remains is yogurt cheese.

### Fresh Salsa

- 1 lb fresh tomatoes, diced
  - 2 medium tomatoes, pureed
  - 1 medium onion, diced
  - 1-2 jalapeños, minced (optional)
  - 3 green onions with some chives, chopped
  - 2 cloves garlic, minced
  - 1 tsp raw apple cider vinegar
  - 1 tsp raw lemon or lime juice
  - Fresh cilantro to taste (optional)
1. Mix all ingredients together and serve in bowl. Add diced avocado if desired.



### Better Spread

#### Butter Version

- ½ cup raw butter, softened
- ¾ tsp salt
- ½ cup cold-pressed, unrefined oil of choice (extra virgin olive oil, etc.)

#### Peanut Butter Version

- Non-hydrogenated peanut butter
- ¾ tsp salt
- ½ cup cold-pressed, unrefined oil of choice (extra virgin olive oil, etc.)
- ½ cup raw almond butter (optional)

1. Blend all ingredients with a mixer until smooth.

### Cooking Spray

- 1 cup extra virgin olive oil
- ½ cup water
- 1 plastic or glass spray bottle, darkened

1. Add oil and water directly into bottle, shake vigorously, and spray cooking surface.

**Note:** Keep spray in cupboard, away from light and heat, when not in use. After several uses, you may need to add more water to ensure even application.



## HEALTHY LUNCH & DINNER ALTERNATIVES

### Rice

- Swap out white rice for brown or jasmine
- Try using fat-free chicken broth in place of water to make rice more tender

### Salad Bar

- Opt for dark, leafy greens over iceberg lettuce
- Add boiled egg whites, cooked beans, grilled chicken or tuna for protein
- Add raw vegetables
- Add avocado for healthy fats
- For dressing, use oil & vinegar, or dressings made with cold-pressed oils
- Add salt and pepper to bring out flavors
- Dip each forkful of salad in dressing, instead of pouring it all over



Recipes Continued

## Salad Dressing

- Opt for varieties made with cold-pressed oils or extra virgin olive oil
- Add fresh lemon or lime juice, raw apple cider vinegar, extra virgin olive oil
- Add salt and pepper to bring out flavors
- Add avocado to help with satiety
- Add raw pine nuts, walnuts, or pumpkin seeds for extra flavor and nutrition



## Hamburgers

- Make with ground chicken or turkey breast instead of beef
- Use raw, grated cheese over other cheese options
- Substitute bun choice with whole wheat
- Avoid using condiments made with high fructose corn syrup



# Guidelines for Eating Out

Remember, you want to eat foods as close to their natural state as possible and to eat plenty of raw fruits and vegetables. At most restaurants and fast food establishments, you can order some kind of fruits or vegetables as part of your meal.

Drink water, lemon water, or herb tea. Stay away from carbonated drinks, coffee, black tea, and alcohol.

Order foods the way YOU want them. You will find that restaurants often are accommodating.

## MEXICAN

### Have

- Chicken soft tacos
- Chicken, fish, shrimp, or vegetable fajitas
- Chicken or bean burritos (pinto or black beans)
- Whole black beans or pinto
- Salsa

### Ordering Tips

- Request corn or wheat tortillas, grilled or steamed with no oil
- Ask to hold the cheese

### Avoid

- Cheese and sour cream (opt for extra guacamole)
- Refried beans
- Fried sides and entrées, including tortilla chips
- White flour tortillas
- Beef and pork

## ASIAN

### Have

- Stir-fry dishes with lean meats and vegetables

### Ordering Tips

- Choose steamed rice over fried, and brown rice or jasmine if available
- Skim oil floating on top if you order soup

### Avoid

- Won tons
- Egg rolls
- Sweet and sour dishes
- Tofu
- Fried sides and entrées

*Recipes Continued*

## ITALIAN

### Have

- Lean meats and seafood
- Marinara or clear white sauces

### Ordering Tips

- Request whole wheat or spinach noodles
- Include vegetables with entrée

### Avoid

- Cheese or meat-filled pastas
- High-fat meats, including veal
- Sauces made with cream, butter, or cheese
- Beef lasagna



## AMERICAN

### Have

- Salads
- Lean meats, including seafood, that are grilled, steamed, broiled, or baked
- Whole grains
- Vegetables, raw or steamed
- Baked potatoes
- Non-creamy or whole bean soups (skim off any floating oils)

### Ordering Tips

- Opt for salads with lean meats (hold croûtons, bacon bits, and such, but eggs are acceptable)
- Dip each forkful of salad in dressing, instead of pouring it all over
- Ask for vegetables to be steamed plain
- Opt for oil based dressings over cream

### Avoid

- Fried food of any sort
- Fatty toppings, gravies, dressings, condiments, etc.

# Raw Food Suggestions

We cannot overstate the advantages of adding more raw fruits and vegetables to your diet. Here are some tips to get you and the rest of your family in the habit of reaching for produce, instead of unhealthy options, when in need of a snack or as part of a balanced meal.

- Select in-season fruit and serve it as the first course. Often children will eat something with the family that they wouldn't eat on their own.
- Serve a dinner salad as a first course, instead of with the meal. Most people will eat a lot more salad if served this way.
- Serve in-season fruits for dessert.
- Have raw vegetables washed and stored in sandwich bags, ready to go. This not only helps you get in the habit of reaching for what's in the fridge when constantly on-the-go, it encourages children to request fruits and vegetables, too.
- Experiment with mixing raw, dry-blended flax seeds with your foods. You'll find in most cases you can't even taste them, yet you'll get the nutritional benefits.
- Fruits and vegetables are high in water and fiber, both of which have no calories, yet help with the sense of feeling full. They require more chewing than cooked foods, so eat slowly and chew thoroughly.
- Experiment with adding garlic to other foods you enjoy to enhance flavoring and your body's immune function.



*Recipes Continued*

## Healthy Snacks and Desserts

To clean fruits and vegetables, wash them in water with a cap-full of white vinegar and a few drops of Optimal Oxy Pure (available through OHS). Lay them out on a hand towel, cover with paper towels, and let dry. This will wash away any contaminants.

- Frozen fruits (freezing does not destroy digestive enzymes).
- 100% fruit rolls.
- Fresh, raw fruits.
- Mix 2 cups frozen fruit with plain yogurt and Stevia, and blend until the consistency of frozen yogurt.
- Fresh, raw vegetables.
- Dilute vegetable dip with lemon juice or raw apple cider vinegar to reduce calories per tablespoon.
- Raw nuts (sparingly if trying to lose weight). To help salt stick to raw nuts, add 1 cup sea salt to a blender and blend on highest speed until salt is a fine powder. Use 1 tsp salt per pound of nuts.
- Yogurt: choose plain Greek or regular (sweetened with fruit juices or Stevia). Add raw, refrigerated wheat germ, flax seeds, pre-soaked wheat berries, or raw rolled oats.
- Trail mix made with raw nuts and seeds, dates, sun dried raisins, etc. Avoid roasted variety.
- Choose baked over fried chips.
- Make banana splits or sundaes with vanilla Greek-style frozen yogurt. Top with fresh or frozen fruit, if desired. Also, look for toppings made without refined sugars or artificial sweeteners. Sprinkle half a handful of raw pecans or almonds on top.

- Cookies: use whole wheat pastry flour or whole wheat white flour (yes, you read that right) in place of white flour. Use Stevia in place of sugar. For each ½ cup of butter, margarine, or shortening, substitute 2 tsp water with 1 tbsp extra virgin olive oil.
- Snacks like baked potato chips and turkey jerky are acceptable for picnics or road trips, but should still be consumed in moderation.
- Make a milk shake by blending vanilla Greek frozen yogurt, a small amount of almond milk, and fresh or frozen fruits.

Since exercise is always recommended when it comes to health and fat loss, we have

## Optimal Health Trainer

available as soon as you're ready to add an exercise plan to your new lifestyle.

It keeps exercise simple, safe, controlled, and effective, making it a part of your daily routine, instead of a daunting task.



[ohs4life.com/oht](https://ohs4life.com/oht)  
800-890-4547



# TESTIMONIALS



*This program  
"Optimal Weight Reduction System & F.I.T.N.E.S.S. Nutrition Plan  
is simple and effective. I lost over 12 pounds in 6 weeks.  
I feel vibrant and energetic."*

**H Miller**

*"Reduced body fat 4% and lost 10 pounds.  
Feel great and my mind is so much clearer. The cleanse portion helped so much."*

**J Rodriguez**

*"I am in love with the **Lipolean CLA** because it's giving me that final push  
to lose stubborn fat before the Summer."*

**C Palacios**

*"**B-Awake** is my favorite thing! It just gives me energy and I don't even  
realize it until I'm done with my workout and think 'what else can I do?'"*

**A Gary**

*"I blended 1 cup of coconut milk, handful of ice, 3 strawberries,  
and one scoop of the **Complete Nutrition Plus**. I was a little nervous because  
of the neutral/earthy taste but it was goooooood!!!  
(My hubby even approved which is saying a lot)"*

**B Lewis**

*"I always strive to be healthy, but when I do eat a few cheat foods like chips,  
pastries or ice cream, I make sure to take my **Optimal Fat • Sugar • Trim**  
Formula! I have also lost 25 lbs. while on this product."*

**C DeWitt**

**NOTE:**

*Also available through Optimal Health Systems  
are plant digestive enzymes along with whole food vitamins  
and other herbs to assist in your weight loss  
and overall health goals.*

**1-800-890-4547**

**[www.OptimalHealthSystems.com](http://www.OptimalHealthSystems.com)**

