



DR. STEPHANIE'S WEIGHT LOSS PROGRAM GUIDELINES

To achieve weight loss, you *must* stick with these guidelines and not deviate from them (no matter what!) If it is not on the list, do not eat or drink it!

The goal of this program is to eliminate sugars, processed foods, chemicals and carbs which all turn into fat. Dietary fat does not make you fat; it's sugar, chemicals and refined carbs that do. Follow this diet for 1-3 months or until your ideal weight is achieved, then you can start slowly adding in more carbohydrates from vegetables (i.e. sweet potatoes, carrots, etc).

What to eat:

- Animal protein (organic chicken, beef, turkey, lamb, fish, shrimp, etc.)
- Eggs (if not allergic)
- Green vegetables (kale, spinach, broccoli, avocado, green beans, peas, etc.)
- Bell peppers (green, red, yellow or orange)
- Cauliflower (can make it "riced" or "mashed" as substitute for carbs)
- Cottage cheese (one serving per day maximum)
- Tomatoes
- Onions
- Garlic

What to drink:

- Water, coffee or tea (no sugar, honey, milk or cream)
 - Add fresh squeeze of lemon or lime to water/tea if preferred
 - Drink Pu-erh tea 30 minutes after meals for enhanced weight loss
 - Other suggested teas: green tea, ginger tea, peppermint tea

When to eat/drink:

- Eat 3 meals per day (protein + green vegetables)
- Make sure the protein on the plate is bigger than the green vegetables
- Eat breakfast 30 minutes within waking
- Drink room temperature water between meals
- NO ice in drinks, raw/frozen foods or fruit/fruit juices
- Don't drink when eating (drink after meals)

How to prepare/cook foods:

- Prepare foods by baking, grilling, stirfrying or in crockpot or toaster oven (don't eat raw or cold foods)
- Cook with coconut oil, organic butter or ghee (clarified butter) only
- Add fresh or dried herbs (parsley, dill, basil, cilantro, oregano, thyme, etc.)

Example meal plan:

- Breakfast: scrambled eggs with sausage, spinach and tomatoes
- Lunch: turkey burger (no bread) and broccoli
- Dinner: grilled salmon with asparagus