

INTRODUCTION

The DeepTone Program provides you with an individual nutrition program. It is not a deprivation diet. We believe that deprivation does not work. It is not realistic to think that you can stay on a deprivation diet for the rest of your life. Your dietary needs require that your nutritional lifestyle must match the rest of your lifestyle, and that is exactly what you get with the DeepTone Program: a structured nutritional plan to fit your needs.

The trick to fat loss and getting rid of cellulite is an easy nutritional program combined with the DeepTone Once A Week workout program. If followed, this combination can be a very powerful system. Our muscles act like furnaces. Doing the DeepTone Exercise program helps to develop lean muscle which boosts the metabolism into burning calories 24 hours a day — even while you are sleeping.

If you want weight loss, or if you want your stomach to flatten or the scale to go down, you must follow a nutritional program. A lot of Americans are eating healthier but they still aren't losing weight. Losing weight or fat is a science.

"I eat low fat or no fat and lots of vegetables and complex carbs but I still have a poochy, bloated stomach!" is commonly heard. Sometimes, especially if you have only 5 to 25 pounds to lose, eating low fat or no fat isn't good enough. It is the combinations, proportions and structure in which you eat foods that make the changes happen for some individuals.

Some people might not be burning carbohydrates efficiently for energy, causing the body to store the fat instead of using it for energy. Everyone is so different. Sometimes you have to try different programs just to find



out what your system will respond to. This is why we provide you with two different programs. Both are very powerful. If you are the typical person who craves bread, sugar or alcohol, or consumes a lot of pasta, breads, or crackers on a daily basis, and typically wakes up in the morning with a pretty flat stomach, but you look nine months pregnant by the time you go to bed at night, you might want to try the first nutrition program.

People are really very surprised to learn how sodium can be detrimental physically and mentally in losing weight.

Sodium can cause hypertension. High blood pressure can lead to strokes and other major health problems. Excess sodium can cause up to ten pounds of water retention in certain people. Psychologically, this can be depressing because the person thinks this extra weight is fat. Ten pounds of fluid can make a person feel bloated and fat, causing clothes to feel tight. Sodium can be found naturally in all foods, which is fine. It's only the processed foods that you have to worry about: canned foods, TV dinners, and restaurant foods. In fact, eating at a restaurant could make you gain 5 pounds or more overnight. All processed foods can have up to hundreds, if not thousands of milligrams of salt.

You have to
implement **healthy**
eating practices for
the rest of **your** life.



Try to stay under 1500 milligrams a day unless you have special problems or your doctor tells you otherwise. All you need to do is read your labels! Shop in the no salt section in your grocery store (the deli should have low sodium or no salt meats and cheese too), and order salt free items in restaurants.

The next thing we always hear is, "I want to lose inches, but I don't care about losing weight." If you are carrying extra body fat you need to follow one of the DeepTone® nutritional programs to lose inches. Following a nutritional program short-term for fat loss, and maintaining healthy eating practices will make dramatic changes with your DeepTone

Once a Week® workout and help you achieve your goals.

The average person could stand to lose some weight and most people are on and off diets constantly. You can't follow a diet and expect the weight to stay off unless you do two important things with it. (1) Exercise to create muscles. Muscles are furnaces which will help you burn calories and maintain your weight. Muscles burn calories 24 hours a day. (2) you have to implement healthy eating practices for the rest of your life.

This does not mean you can't go off the wagon now and then. Birthdays, holidays, celebrations, occasional mishaps - all are acceptable, but 90% of your nutrition should consist of lean proteins, including fish, low sodium foods, complex carbs such as whole and dramatic for her. As with any program, grains, legumes, beans, vegetables and fruit.

When you go out to restaurants, especially if it is more than one time in a week, you need to order foods that are low in fat, and are salt free. Just ask your waitperson to have your food prepared that way.

Everyone has this idea that either they can go on a diet for 2-3 weeks, drop off that weight and go back to eating twinkies and donuts again without gaining weight.

Or that magically, all they have to do is exercise and the pounds melt off. It doesn't happen this

way. For example, thousands of people have already tried aerobic activity 6 days a week without much success with weight loss. If you want to achieve weight loss and a flat stomach, you need to follow a nutritional program.

This program will be different what you have always been taught to do - We encourage you to eat.

There are very good reasons to support this idea. When you eat a little (under 1000 calories per day), you lower your metabolism. This puts you in starvation mode, which is very bad. Your body is forced to burn up good muscle tissue while trying to conserve its weight because it's not getting enough calories.

You need to adjust your diet to match your metabolism. For example, a 5'2 female student was eating only 800 calories a day and could not lose any weight- not gaining any, but not losing

either. She was instructed to eat 1200 calories a day while on the DeepTone[®] program and the weight loss began. Her body was no longer starved and she was building a metabolic furnace with which to burn calories. The results were immediate and dramatic for her. ***As with any program, results will vary for individuals.***

DOUBLE DEFATS OF THE DIET WORLD

Starvation and unhealthy diets are not the answer. As an example, take liquid diets which keep you on only 400-500 calories a day. Such a regimen immediately causes the body to go into ketosis. The body literally starts eating itself up, a process that not only breaks down fat but, more importantly, breaks down protein

tissue to serve as energy. The results: organs shrink and muscles atrophy, weakness and fatigue often accompany the loss of minerals and water from the body, the metabolism slows down and brings the loss of fat to a minimum. Most of the

weight lost from fasting is water weight and lean body tissue (muscles). As muscles decrease in size, they can no longer burn calories efficiently.

When the food is reintroduced, the fat cells immediately fill back up because the muscles have become too small to burn the calories. The well-known rebound effect sets in. You can often end up 20 pounds heavier than when you began, thereby inflicting even worse physiological and psychological damage. A vicious cycle begins; the yo-yo effect.

Now add another defeat - aerobic exercise. If you use aerobic exercise for the purpose of losing weight and fat and if performed 5-6 days a week, aerobic exercise can leave you dependent on cardio-vascular activity for the rest of your life to keep the weight off. Typically, when people use cardio they gain the weight back if they stop.

It's better not to use it for weight loss. Just use the DeepTone Once A Week[®] program and the nutritional program to lose weight and perform other activities such as walking, biking, swimming etc., at a leisurely level. When you are at your goal, you can add your favorite cardio-vascular program for overall fitness. This way you are not dependent on it because you never used it in the first place for weight loss. (Cardio-vascular can be used to help decrease body fat if the metabolism is slow in certain circumstances).

All you need to do is your DeepTone Once A Week[®] workout and practice healthy eating habits. This is a much more realistic approach.

By incorporating the DeepTone Once A Week[®] program, which you can easily fit into any schedule along with a nutrition program that does not produce a sense of deprivation, it is possible to continue the program indefinitely. You are now free to enjoy a life without the hassles of extreme discipline just to stay healthy. With the DeepTone Once A Week[®] program, you can spend the rest of your time enjoying life with the knowledge that you are doing everything you need to take care of yourself.

Build up your muscles. This is very important. Enjoy your life and eat healthy 90-95% of the time. Splurge on the 5-10% that's left over on special occasions. Remember, nothing will ever happen unless you take the time to make it happen. You won't get results unless you take action! To be successful is to be committed to the DeepTone Once A Week[®] program and to follow a nutrition program until you reach your goal weight. Eat healthy for the rest of your life to maintain your body!

Remember, nothing will ever happen unless you make it happen

BURN FAT, LOW-GLYCEMIC NUTRITIONAL PROGRAM 1

How does a low-glycemic nutritional program work? After you eat high glycemic (sugar) foods such as breads, flours, white sugar, honey etc., your bloodstream corresponds with a sharp rise in insulin. Insulin regulates blood sugar. Excess insulin can cause the body to burn calories less efficiently. Fewer calories are burned and the excess calories are stored as fat. Remember, insulin is a fat storing hormone.

High insulin levels stimulate the appetite and can cause the blood sugar to fall. When blood sugar falls, the first area of the brain to be affected is the neocortex which governs the self control center. This is when most people become irritable, crave breads or sugar, or are ravenous for food. It is important to eat low glycemic foods 5 to 6 times a day to prevent blood sugar from falling. So remember, when insulin levels are low, more calories are burned and fewer calories are converted to fat.

— FOOD TO AVOID —

NO FRUIT OR SUGARS OF ANY KIND, INCLUDING HONEY	Stay away from all sugars until weight loss goal is achieved. Don't worry, you'll be eating plenty of vegetables rich in vitamins A and C, calcium and fiber to make up for the fruits. If you're craving something sweet, and you can't stand it, eat a small amount of low glycemic fruit (strawberries, raspberries, blueberries, guava, grapefruit, oranges, or unsweetened applesauce.)
NO BREAD, PASTA, CRACKERS, FLOUR OR PROCESSED FOODS	Only use 100% sprouted grain flour, no flour. This can be found in health food stores. Important: if it has honey in it, do not use it. After weight loss goal is achieved, slowly add low-fat or fat free flour products back into your diet.
NO COMMERCIAL SALAD DRESSINGS	Make your own fat and salt free dressing, or use 1 tablespoon of oil daily. Use only olive oil, coconut or flax oil, available at health food stores. You can add lemon juice or vinegar and herbs and spices. Keep your oils refrigerated. Do not heat flax oil.

NO CAFFEINE, SODIUM, SODA POP OR ALCOHOL, AND NO OR VERY LOW FATS

— FOODS YOU CAN EAT —

COMPLEX CARBOHYDRATES, ALL WHOLE GRAINS, BEANS, LEGUMES IN THEIR NATURAL STATE	Cook the grains ahead of time and store in containers in the refrigerator so you can eat off of them all week long. Important: Prepare them without FAT, SUGAR or SALT. Make all of your foods interesting by adding grated garlic, onions, spices, herbs, etc. (Example: Mexican rice with lemon pepper chicken, garlic and dill fish with curry rice.)
WHOLE GRAINS	Brown rice or 1 part brown rice mixed with 1 part wild rice, barley, beans, bulgar, rolled oats (not instant), wheat berries, amaranth, quinoa, chickpeas, lentils, baked yams, boiled white potatoes. (Important: Do not bake white potatoes; it increases the sugar in them), baked sweet potatoes.
VEGETABLES	All vegetables except carrots, corn, beets or peas. Acceptable vegetables: asparagus, broccoli, cabbage, cauliflower, green beans, zucchini, kale, etc.
ALL LEAN PROTEINS	Chicken, turkey, fish, pork or low-fat Tofu, buffalo, egg whites, no salt low-fat cottage cheese, 97-99% lean beef (available at select health food stores).
SWEETENERS	Use naturally sweetened products like jello, pudding without milk, hot cocoa without milk or frozen deserts that have less than 5 g. of carbohydrates. (You can use Stevia as a natural sweetener, in liquid or powder and can be purchased at a health store.)

— AFTER WEIGHT LOSS IS ACHIEVED SLOWLY ADD FRUIT BACK INTO YOUR DIET —

MENU IDEAS AND GUIDELINES

Please note: Consultation with your physician is recommended before pursuing any weight loss nutrition program.

If you are pregnant or nursing, a weight loss nutrition program is not recommended. Consult your physician before doing any weight loss program. Men should eat approximately 1800 calories on this nutrition plan.

For Men Only: Eat more protein and vegetables to equal 1800 calories a day.

BREAKFAST

- 1/2 to 3/4 cup cooked whole grain oatmeal cooked in water or other grain with
- 1-2 tbsp. oat bran or wheat bran with a little natural sweetener and/or cinnamon

CHOOSE ONLY 1 ITEM FROM THE LIST BELOW TO ADD WITH YOUR OATMEAL:

- 3 egg whites: scrambled or omelette
(add no salt salsa, or spaghetti sauce, onions, garlic and vegetables)
- 2 oz. chicken or turkey chunks, or
- 4 oz. plain non-fat yogurt, or
- 4 oz. non-fat milk or skim milk

MORNING SNACK

- 2 oz. turkey or chicken or tuna with lemon juice sprinkled on top
- 1/2 piece of sprouted bread

LUNCH

- 4 oz. lean protein
- 1/2 cup cooked wild rice or barley or rice mixture (substitute any carb. from list)
- 2 cups green beans or other green vegetable
- 1 cup raw salad

AFTERNOON SNACK

CHOOSE 1 ITEM FROM LIST

- 8 oz. nonfat yogurt, or make your own with a flavored extract of your choice, sweetened with natural, no calorie, sweetener or Stevia, but no fruit.
- 8 oz. nonfat or skim milk
- 2 oz. lean protein

DINNER

- 4 oz. protein
- 1 small potato (white, sweet or yams. Refer to "Carbohydrates" section for cooking instructions) or substitute any 1/2 cup of complex carbohydrate on list
- PLUS:
- 2 cups cooked vegetables
- vegetable salad (no iceberg) with chopped tomatoes, cucumbers, green onions and mushrooms
- homemade no-fat, no-salt salad dressing

— Do Not Eat Past 7:00 PM —

SPECIAL INSTRUCTIONS IF YOU REACH A PLATEAU:

Try eliminating one of the snacks. If your plateau is very stubborn, eliminate both snacks and spread out the main three meals to 5 or 6 small meals.

FOR STUBBORN WEIGHT LOSS:

Try eliminating animal products at the same meal that you're eating a starchy carbohydrate (such as breads, potatoes and rice, etc.). Group your foods so your starchy carbs and vegetables are together and vegetables are together.

FOR INCREDIBLY STUBBORN WEIGHT LOSS:

If you're really having difficulty losing weight and you've tried everything above, significantly reduce the amount of starchy carbohydrates you eat and increase the amount of vegetables. Concentrate on the watery vegetables like lettuce, cucumber, radishes, zucchini, green beans, mushrooms, green peppers, and cauliflower, etc.

NOTE:

When eating carbohydrates like bread, rice, potatoes, etc., try not to eat a fat in the same meal. Eating protein such as red meat, turkey, chicken, or fish with carbohydrates in the same meal can prevent weight loss in some individuals.

NUTRITIONAL PROGRAM 2

For Those Who Don't Cook or Individuals 5'3" and Under

This is a very easy nutritional program for people who aren't used to cooking or are too busy to cook and for people who don't eat very much. Make sure you eat everything! You can make substitutions, but make sure they are in the same caloric quantity as what you are replacing. NO FAT or VERY LOW FAT and NO SALT!

Consultation with your physician is recommended before pursuing any weight loss nutrition program. If you are pregnant or nursing, consult your physician before doing any weight loss program.

Note: try to eat 90% of your starchy carbohydrates before 3:00 - such as bread, pasta, cereals, etc. While you are trying to lose weight, try not to eat very sweet fruits like bananas, grapes, etc.

—BREAKFAST MENUS—

(Choose 1 breakfast. You do not have to eat these in order)

ONE:	• Cereal choices listed below (1 1/2 oz. serving, 165 calories) Oatmeal, shredded wheat or any cereal that is high in fiber and does not have sugar in it. - PLUS: • 1/2 cup skim milk • 1/2 piece fruit or 6 oz. no-salt vegetable juice with a squeeze of lemon
TWO:	• 2 slices toasted low calorie bread • 1/2 cup low fat no salt, cottage cheese, sprinkle cinnamon on top of cottage cheese
THREE:	• 2-3 egg whites scrambled or omelette • 1 slice of low calorie bread (toasted with no fat butter spray) • 1 cup skim milk or 1/2 cup fat free yogurt sweetened with xylitol, erythritol or Stevia
FOUR:	• 8 oz non fat yogurt sweetened with stevia or plain yogurt with your favorite flavored extract added to it with aspartame or Stevia to sweeten, or plain yogurt with 1 tsp. unsweetened jam • 1 slice of low calorie bread (toasted with no fat butter spray) • 6 oz. no salt vegetable juice with a squeeze of lemon.
FIVE:	• 2 fat free frozen waffles with fat free margarine • 2 T sugar free syrup or, brown sugar substitute sprinkle of cinnamon • 1/2 piece fruit or 6 oz. no salt vegetable juice
SNACKS:	Mid-Morning (choose one of the choices below) • 2 salt/fat free rice cakes and decaffeinated tea • 2 oz. low fat protein (example: no salt tuna fish) with herbal tea (no diet or regular pop, because it can make you retain fluids)
	Mid-Afternoon (choose one of the choices below) • 1/2 apple or 2 salt/fat free rice cakes • 1 slice low-cal toasted bread with fat-free margarine • 2 cups salt and fat free popcorn
	Evening • 2 oz. tuna (water packed, salt free, dolphin friendly), turkey breast or chicken and 1 fat and salt free rice cake with fat free cocoa drink, no sugar added

NOTE:

Only fat free cocoa drink (as evening snack) during weeks 3-4. Non-calorie beverage and afternoon snack only during weeks 5-6. You can freely drink plain flavored seltzer water with no added fructose or sugar of any kind. Try to drink at least 8 glasses of water a day.

— LUNCH MENUS —

Choose 1 or pick another full meal TV dinner, (not an entree) that you like around the same caloric level.

ONE:	• Frozen TV Dinner (low salt & sugar, 290 calories) • 1 cup steamed broccoli • 1 T fat free salad dressing • salad - romaine lettuce, radishes, cucumber, tomatoes • 1/2 fruit
TWO:	• Frozen TV Dinner (low salt & sugar, 260 calories) • small green salad • 1 T fat free salad dressing • 1/4 cup, low fat no salt cottage cheese sprinkled with cinnamon or add to salad • 1/2 fruit
THREE:	• Frozen TV Dinner (low salt & sugar, 310 calories) • 1 cup steamed green beans • 1 small salad • 1/2 fruit
FOUR:	• Frozen TV Dinner (low salt & sugar, 290 calories) • small green salad • 1 T fat free salad dressing • 1/4 cup low fat no salt cottage cheese sprinkled with cinnamon or add to salad • 1/2 fruit
FIVE:	• Frozen TV Dinner (low salt & sugar, 230 calories) • 1 cup chopped broccoli (steamed) • 1/2 apple • small salad
SIX:	• Frozen TV Dinner (low salt & sugar, 240 calories) • small green salad • 1 T fat free salad dressing • 1 cup steamed vegetables • 1/4 cup unsweetened applesauce sprinkled with cinnamon or add to salad • 1/2 fruit
SEVEN:	• Frozen TV Dinner (low salt & sugar, 280 calories) • 1 small salad • 1 cup steamed vegetables • 1/4 cup unsweetened applesauce

NOTE: Only eat Healthy Choice® T.V. dinners. Most of their dinners are lowest in salt, calories and fat.

— SUGGESTIONS —

For people who don't have time to cook or prepare vegetables.

• Frozen vegetables without sauce
 • **At the salad bar** get some plastic bags or use their containers and put in: shredded carrots, zucchini, onions, tomatoes, etc. in each container. These will be good for up to three days.

• Try not to eat products that have flour in them such as breads, crackers, pretzels, etc. Concentrate on whole grains.

• Eat only eggless, whole grain pasta - no white noodles or rice. Eat whole grains such as brown rice spelt, wheat, corn, rice, etc.

PRODUCTS TO HAVE ON HAND

- Fat Free Miracle Whip® spread
- Fat free Sour Cream
- Fat Free Cheese (don't use a lot - high in sodium!)
- Low Fat, Sale Free Cottage Cheese
- Fat Free Milk Powder
- Skim Milk
- Fat Free Yogurt

• Natural sweeteners
 Stevia
 Xylitol or erythritol
 Yacon syrup or FOS

— DINNER MENUS —

Choose 1 TV dinner or substitute 1 full meal TV Dinner.

ONE:	• 2 oz. chicken, tuna or turkey • 2 slices reduced calorie bread • 2 slices tomato, 2 lettuce leaves • 2 t fat free Italian dressing, or mustard, or 1 T fat free Miracle Whip® • 1 cup skim milk — OR — • 1 cup yogurt sweetened with stevia or plain yogurt adding a flavored extract of your choice
TWO:	• 1 cup spaghetti • 1/2 cup salt and fat free spaghetti sauce • 1/2 cup flavored yogurt, with natural sweetener or plain yogurt flavored with extract • salad - lettuce, cucumber, radishes, tomatoes, and mushrooms • 1 T fat free salad dressing • sugar free jello (1 serving)
THREE:	Tuna Salad • 3 oz. salt free water packed tuna • 1 T fat free Miracle Wipe and mustard powder to taste • Sprinkle of garlic, dill and green onions. Serve with salad greens, cucumbers and 1/2 cup chopped tomatoes. • 1/2 cup fat free yogurt
FOUR:	Vegetable Pitas • 1/4 cup grated carrots • 1/4 cup zucchini, or 4-5 slices of red or yellow bell pepper • 3 mushrooms, sliced/chopped green onion • 1 T fat free Miracle no-lips or 1 T low/no fat Italian salad dressing • Stuff into 1 pita pocket • 1/2 cup fruited, fat free yogurt with stevia • sugar free jello (1 serving)
FIVE:	Farmer's Salad • 1/2 cup low fat, salt free cottage cheese • 1/4 cup chopped tomatoes • 1/4 cup chopped cucumbers • 2 green onions, chopped • 1-2 T fat-free sour cream • Sprinkle garlic granules to taste • Mix together and serve over dark green leafy vegetables • 4 fat-free crackers • 1 cup steamed vegetables

— HELPFUL HINTS —

When ordering food in a restaurant, tell your server to have your food prepared without salt or fat!

READ LABELS CAREFULLY!!!

Avoid salt unless your physician says otherwise. Salt causes water retention and combined with refined sugars can increase insulin levels. Too much insulin can make weight loss more difficult. When using salt, try not to add it to your cooking. Salt your food to taste, using as little as possible. Read your labels carefully. If you need to use salt, only use sea salt.

A healthy dinner that you eat in a restaurant could have thousands of milligrams of sodium in it. What does that mean? It probably means you will gain 5 pounds or more of water weight overnight! So make sure you tell your server to have your food prepared without salt.

Fat - use butter, coconut or olive oil when baking. Never use flax oil for cooking or baking.

Sugar - try not to eat Sugar. If you are craving sweets, substitute stevia or zylitol.

Or, eat a low glycemic fruit.

Do Not Overeat! When you have a meal, eat until satisfied. This way your body will use or burn all the calories. If you eat to the point where you are too full, your body will use only some of the calories and store the rest as fat.

For Example: Let's say your body only utilizes 300 calories for lunch, and you eat 450 calories. Your body will use the 300 calories for energy and store 150 calories away in your fat cells. It will go right to those fat cells in your thighs, stomach and buttocks.

**EAT 5 OR 6 MINI-MEALS
FOR WEIGHT LOSS!!!**

Chili Over Spaghetti Squash	Beef & Broccoli	Chicken FaJitas and Rice	Grilled Chicken
Serve with steamed vegetables & salad 3 pound spaghetti squash 12 oz. lean ground beef 3/4 cup chopped onion 1 chopped green or red sweet pepper minced garlic cloves to taste 1 t basil 1 t cornstarch or arrowroot 1 12 oz. can no-sodium tomato sauce 1 cup no salt tomato juice 1/4 t cumin 2 t chili powder or to taste 1 1/2 t fresh oregano or 1 t dried, crushed oregano 1 cup chopped mushrooms (preferably Shitake) 2 T chopped cilantro 1/8 t (or to taste) cayenne pepper 2 T fat free, low sodium cheese 1.Cut squash in half, remove seeds. Put on baking sheet cut sides down. Bake at 350 45-50 minutes or until tender. Scoop out squash with fork, shredding at same time. 2.Cook beef, onion, red or green pepper & garlic in skillet until meat is brown. Drain fat. 3.Sprinkle cornstarch or arrowroot in skillet; mix well. Add tomato sauce, juice, mushrooms, chili powder & oregano. Stir & cook until thickened. Continue cooking for two minutes, stirring. 4.Pour meat mixture over squash. Sprinkle 2 T of cheese over mixture. (makes 4 servings)	Serve over complex carbohydrate with salad 12 oz. lean beef trimmed of fat 3 T vinegar 1/2 t crushed red pepper 1 t ginger 1T reduced-sodium soy sauce & 1 T water Use a sugar substitute that equals 2T sugar. Example, SWEET One® (When weight loss is achieved, you can use 2 T of brown sugar) 2 cloves garlic, minced 1 onion, sliced 1 T fresh cilantro 1 t olive oil 1 cup thinly sliced red bell pepper 1/2 cup water chestnuts with liquid 6 cups fresh broccoli flowerets 6 green onions, chopped 1/4 cup cold water 1 1/2 T cornstarch or arrowroot Nonstick spray, served over cooked brown rice 1.Partially freeze meat. Slice into thin strips. 2.In bowl, mix vinegar, soy sauce, water, sugar substitute or brown sugar, garlic, & crushed red pepper. Add meat. Cover & let marinate at room temp. for 10 to 20 minutes. 3.Drain meat; save marinade. Spray skillet or wok with nonstick spray. Pre-heat. Add meat; cook & stir for at least 2-3 minutes over medium heat. Remove meat. 4.Add 1 t olive oil to skillet. Saute onion, bell pepper & green onion. Add broccoli, water chestnuts with liquid; cook & stir 3-4 minutes. 5.Combine cold water, cornstarch & marinade. Cook & stir until thickened. Add meat & vegetables. Cook & stir 2 minutes or until well heated. Serve over cooked rice.	Serve with steamed vegetables & salad Nonstick spray 1 medium onion, sliced & separated into rings 2 cloves garlic, minced 1 medium red or green bell pepper, cut into strips 1 T olive oil 9 oz. skinless chicken breast halves cut into strips 1/2 cup no-salt salsa or no-salt picante sauce 2 cups shredded lettuce 1/4 cup no-fat sour cream 2 green onions, chopped 1/2 lime 1.Spray large skillet with non-stick spray. On medium high heat, saute onion rings & garlic 2 minutes. Add bell peppers; saute 1-2 minutes. Remove from skillet. Add olive oil to skillet. Add chicken; cook chicken 4-6 minutes until juice runs clear, no pink showing; squeeze lime juice over. Add veggies & salsa. Cook & stir until heated through. 2.Serve chicken mixture over cooked brown rice. Top with lettuce, sour cream & green onion. 3.Serve over rice. (makes 4 servings)	Serve with steamed vegetables & salad 4 medium skinless chicken breast halves 1large onion, cut in chunks 1 small can chopped jalapeno peppers 2 cloves garlic, minced 1/2 t ground allspice 1/2 t cinnamon 1 t honey 1/4 cup orange juice 1/4 t ginger 1.In a blender or food processor, blend onion, jalapeno, honey, garlic, allspice, cinnamon & ginger until almost smooth. Add orange juice, continue to blend. Marinate the chicken in a plastic bag. Put plastic bag in bowl in refrigerator 4-8 hours, mixing occasionally 2.Drain chicken; discard marinade. Grill chicken on uncovered grill with medium coals for 12-15 minutes until juices run clear. Turn once. (makes 4 servings) 3.Chicken may be broiled in oven.

Garlic & Cheese Mashed Potatoes	Oven Fried Fish	Scallops & Broccoli	Shirley's Shrimp Creole
Serve with protein, steamed vegetables & salad 8 cloves garlic 2 pounds cut up potatoes 1/8 cup skim milk 1/2 cup fat free sour cream 1/4 t pepper 1/2 cup low fat, no sodium, shredded cheddar cheese 1.Put 8 unpeeled garlic cloves in aluminum foil. Bake at 400 25-35 minutes until cloves are soft. Cool. Squeeze paste from peels. 2.Cook potatoes in boiling water 20-25 minutes until soft. Drain water. 3.Mash potatoes & garlic paste. Add cheese, sour cream, milk & pepper. Beat until fluffy & cheese is melted. (makes 6 servings)	Serve with complex carbohydrate, steamed vegetables & salad 4 4 oz. fresh or frozen fish fillets Nonstick spray 1/4 t minced onion & minced garlic or to taste 4 T Italian bread crumbs 4 T cornmeal 1/4 t lemon-pepper or to taste 2 t cooking oil 1 slightly beaten egg white or 1/4 cup egg substitute 1.Thaw & rinse fish. Spray pan with nonstick spray. 2.Mix bread crumbs, cornmeal, onion, lemon pepper, garlic & oil; toss to combine. Dip each fillet into egg white or egg substitute. Put into bread mix; turn to cover both sides. Place fillets in pan. 3.Bake uncovered at 500 6-8 minutes for each 1/2 inch thickness of fish or until flakes easily. (makes 4 servings)	Serve with complex carbohydrate, steamed vegetables & salad 12 oz. fresh or frozen scallops 2 cups fresh or frozen broccoli, 1/2 cup onions, chopped coarsely 5 t cornstarch 1/4 t minced garlic black pepper to taste 1/2 cup sliced mushrooms 1 cup no-sodium chicken broth 1/4 cup chopped roasted red sweet peppers 1.Thaw scallops & rinse. Cook broccoli. Drain & put aside. 2.Using medium saucepan combine cornstarch, garlic, onion & black pepper. Stir in broth. Stir until thickened. Add scallops; return to boil. Stir 1-3 minutes until scallops are opaque. Stir in broccoli mushrooms & roasted red peppers. Cook until heated through. Serve over complex carbohydrate. (makes 4 servings)	Serve with complex carbohydrate, steamed vegetables & salad 12 oz. fresh or frozen peeled, deveined large or med. shrimp 1 cup chopped onion 3/4 cup chopped red bell pepper 1/4 cup chopped celery 1/3 cup water 1/8 cup chopped, fresh parsley 2 8 oz. cans diced stewed tomatoes 1t instant, no salt, chicken bouillon granules 1/2 t sugar 1/2 t dried basil 2cloves garlic, minced bottled pepper sauce to taste 2 1/2 t cornstarch hot, cooked brown rice 1.Boil 4 cups of water. Add shrimp. When water boils, reduce heat, simmer 1-3 minutes until shrimp are opaque. Drain & set aside. 2.Combine the onion, bell pepper, celery & 1/3 cup water in the same pan. Bring to boil, turn heat down, cover & simmer 3-4 minutes. Do not drain. 3.Add undrained tomatoes, bouillon, sugar, basil, garlic & pepper sauce. Cover and simmer 8 minutes. 4.Combine cornstarch & 1 1/4 T cold water; add to skillet, stir until thickened & bubbles form. Turn down heat & simmer; keep stirring for 2 more minutes, add shrimp. Continue cooking about 2 more minutes or until heated through. Combine rice & parsley. Serve creole over rice. (makes 4 servings)

Vegetable Frittata	Brian's Roasted Vegetables & Ranch Dressing	Baked Vegetables with Roasted Garlic Sauce	Ham or Chicken Zucchini & Tomatoes
For Breakfast 10 oz. bag any frozen vegetables 1 1/2 cup egg substitute 3/4 cup low fat no salt cottage cheese 2 1/2 t prepared mustard 1 1/2 t Italian herbs Dash pepper 1 cup sliced mushrooms 1/4 cup chopped onion No salt salsa 1. Steam vegetables 5-10 minutes; drain. Cut mushrooms; set aside. 2. Saute mushrooms & onions. Add vegetables. 3. Beat cottage cheese, mustard, and pepper into egg substitute. Pour over vegetables. 4. Cook over low heat 5 minutes or until done. 5. Spray baking dish with nonstick coating. Pour mixture into baking dish. 6. Combine veggies and egg mixture. Bake uncovered at 400 0 10 minutes or until set. Top with no salt salsa. (makes 4 servings)	Serve with protein, steamed vegetables & salad 1 medium sweet potato and 1 medium white potato cubed 2 carrots cut in rounds 1 medium red onion, quartered 1 cup mushrooms, sliced 1 red bell pepper 1 T olive oil minced garlic to taste pepper to taste 2 cups cherry tomatoes 1. Place potatoes, onion, carrots and peppers in baking pan. Combine oil, garlic & pepper, Coat vegetables. 2. Bake at 425 0 30 minutes covered with foil. Remove foil; stir vegetables, add tomatoes & mushrooms. Bake uncovered 5-10 minutes until veggies are tender. Top with ranch dressing (makes 6 servings) Ranch dressing 3/4 cup low-fat Miracle Whip spread 1/4 cup fat free sour cream 1/2 t dry oregano 1/2 t dry basil 1 t dry dill 1/4 t black pepper 1 clove garlic, minced 1. Combine all ingredients, cover & chill.	Serve over complex carbohydrate with protein & salad 1 small eggplant 1 medium zucchini 1 medium yellow squash 1 cup whole mushrooms 2 large cloves garlic 2 1/2 t olive oil 1 1/2 T capers, rinsed & drained 1/8 t pepper 2 tomatoes cut up 1. Cut eggplant, zucchini & yellow squash into 1" cubes. Place vegetables in bowl & coat with oil. Place coated vegetables in baking pan and surround them with garlic cloves. Bake uncovered at 375 for 25 minutes or until veggies are tender. Stir every 10 minutes. 2. Remove garlic cloves. Remove skin from garlic; mash garlic. Combine mashed garlic, capers & pepper. Combine with veggies, mixing. Add tomato wedges. (makes 6 servings)	Serve with complex carbohydrate & salad 1 medium onion sliced 2 cloves garlic, minced 1 15 oz. can no salt diced tomatoes, undrained 1/4 cup chopped celery 2 medium zucchini, sliced 1 medium yellow or green bell pepper, chopped 1 1/2 t dried basil 1/8 t black pepper or to taste 1 cup low fat, low sodium cooked ham or chicken breast, cut in cubes 1. Coat skillet with nonstick spray. Saute celery, onion & garlic, stirring until tender. 2. Add undrained tomatoes, zucchini, bell pepper, basil, ham or chicken & pepper. Cook covered 5 minutes, stirring occasionally. Cook another 5 minutes, uncovered, until most of the liquid evaporates. (makes 6 servings)

Lemon Pilaf	Southwestern Rice and Beans	Oriental Beef Salad	Low Fat Hamburgers
Serve with protein, steamed vegetables & salad 1/2 cup chopped green onion with tops 1/3 cup chopped celery 1/2 cup sliced mushrooms Nonstick spray 1/2 cup long grain rice 1 cup no salt chicken broth 1 T dill 1 t grated lemon rind 1 T chopped parsley 1/2 T lemon juice black pepper to taste 1/8 cup toasted pine nuts 1. Coat pan with nonstick spray. Saute celery & onion. 2. Add rice, lemon juice, chicken broth, cover & simmer until done. 3. Stir in parsley, dill, pepper and grated lemon rind & let stand for 5 minutes. (makes 3 servings)	Serve with protein, steamed vegetables & salad 1/2 cup chopped onion 2 cloves minced garlic 3/4 cup no salt beef broth 1 cup cooked brown rice 1 can drained, no salt, pinto beans 1/2 cup chopped green or red bell pepper 1 t Worcestershire sauce 1/2 t cumin 1/4 cup canned chili peppers, chopped Dash hot pepper sauce to taste 1. Combine garlic, onion & beef broth in saucepan, cover & bring to boil. 2. Reduce heat, simmer until onion softens. 3. Add rice, pinto beans, cumin, green or red pepper, chopped chilies, Worcestershire sauce & hot pepper sauce. 4. Simmer until hot. (makes 4 servings over rice)	Serve over complex carbohydrate with salad 6 oz. cooked lean beef 1/2 cup lime juice 1 T minced cilantro 1/8 t powdered ginger pinch chili powder 1 T reduced sodium soy sauce 1 T water 1/4 t sodium free beef bouillon granules Use a sugar substitute that equals 2T sugar. Example, SWEET one® When weight loss is achieved, you can use 2 T of brown sugar 1/2 t grated lime zest 3 green onions cut into strips 1 cup bean sprouts 1/2 cup water chestnuts, drained 1/2 cup bamboo shoots, with liquid 1 julienned yellow or red bell pepper 1 cup julienned cucumber (English without seeds) 1/3 cup sliced red onion/garlic pepper seasoning 1. Cook then partially freeze lean beef & slice into long, narrow strips. 2. Combine water, soy sauce and bouillon granules 3. Combine cilantro, lime juice, soy sauce, sugar substitute or brown sugar, ginger, lime zest, chili powder & beef strips. 4. Cover & marinate at least 2 hours 5. Combine cucumber, peppers, green onions, sprouts, water chestnuts with liquid & bamboo shoots. Combine with beef & marinade; toss. Serve over rice & sprinkle with garlic pepper seasoning to taste. (makes 2 servings)	Serve with complex carbohydrate, steamed vegetables & salad 10 oz. lean ground beef 1/3 cup wheat bread crumbs (sprouted bread) 3 T oat bran 2 egg whites, lightly beaten or 1/4 cup egg substitute 1/4 cup dehydrated onions 1 clove garlic, minced 1 T low sodium, grained mustard 2 T low sodium, sugar free ketchup ground pepper to taste 1. In bowl mix beef, dehydrated onions, bread crumbs, mustard, ketchup, pepper, egg, garlic & oat bran. 2. Make 4 patties. 3. Broil until done. Serve with tomato and onion slice. (makes 4 servings)