

PILATES FAT LOSS *Formula*

10 DAY *Jumpstart*

10 DAY *Jumpstart* Fat Loss



Fat Loss



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CONGRATULATIONS

ON CHOOSING TO DRAMATICALLY IMPROVE YOUR HEALTH, YOUR BODY AND YOUR VITALITY!

You're about to embark on a new way of life: The 10-DAY PALEO FAT FLUSH is just the beginning of a BRAND NEW YOU!



First off, I want you to meet Stephanie.

We got to know Stephanie when she showed up to workout with us at our other business **Crossroads Bootcamp**. Her energy, enthusiasm and knowledge impressed us so much, we asked her to join our staff.

Growing up, Stephanie was involved in all types of sports and was very active, so it was a natural fit for her to major in Exercise Science in college. She began learning all about exercise, nutrition, and biomechanics of the body and creating her own workouts for herself and friends.

Soon, she was teaching fitness classes and getting her ACE group exercise certification

so she could continue teaching after she graduated from college.

Wanting to dig even deeper into health and wellness, Stephanie then chose to go on to graduate school and get her doctorate in Physical Therapy. This helped her learn even more about disease and dysfunction, how the body works and, more importantly, how the body improves as it adapts to **training**.

The “training” Stephanie refers to not only involves physical fitness, but nutritional fitness, as well. Stephanie wanted to know just how much our bodies could be trained by **what we ate** as well as **how much we worked out**. This exploration led her to discover a new way of eating: the Paleo way.

“After switching over to a primarily Paleo diet, I found myself losing those extra 10 pounds, having better performance at the gym, and less cravings and headaches throughout the day,” says Stephanie. “I have a passion for fitness and wellness and, after much research, I decided to go Paleo, and I am so glad I did.”

Stephanie shares her Paleo lifestyle by writing a weekly blog called FIT AND FRESH that is rich in information and recipes for folks who want to eat clean and simply. She is also a regular writer for our Crossroads blog and will be featured at **Pilates1901**, too.

Her hope, in working with **Pilates1901** and the **Pilates Fat Loss Formula**, is that you'll not only get a fantastic jumpstart on your own fat loss program, but transform your life, your health and your body, as you reduce your risk of disease later in life.

What is Paleo?



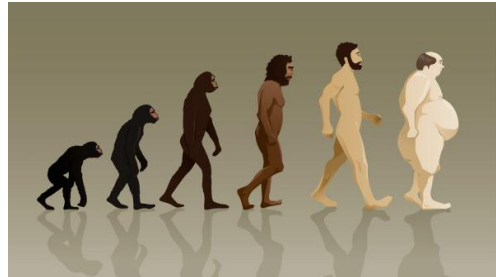
I'll Have The Roast Duck
With The Mango Salsa.

“Paleo” or Paleolithic, refers to the way our human ancestors once ate. They lived off meat, seafood, seasonal fruits and vegetables, and nuts and seeds. They did not have the modern day agriculture as we do now, leading to overly processed foods with high sugar content and little nutritional value.

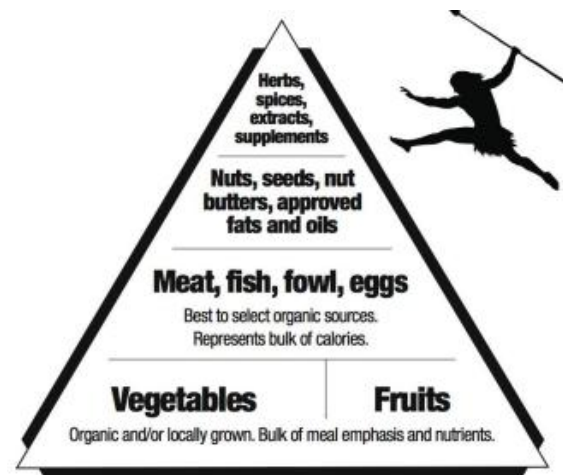
Paleo nutrition is all about consuming natural foods to help achieve great health and a perfect physique. The human body evolved for more than two million years with the food found in nature: game meat, fish, vegetables, wild fruits, eggs and nuts. The human race was thriving on this diet high in animal fat and proteins and low in carbohydrates, but things changed when we introduced unnatural foods to our bodies.

There is research supporting that removing processed foods from our diets, including grains, can help prevent the risk of modern day illnesses like heart disease, diabetes, and cancer. Our Paleolithic ancestors were virtually free of cavities, bone malformations, and degenerative disease. The reason their lifespan was so short, was due to wild animals and lack of modern day medicine.

Today, although we tend to have a longer lifespan than our ancestors, our quality of life is much to be desired. Our society is out of shape, unhealthy, and unhappy.



WHAT CAN I EAT ON PALEO?



Vegetables and fruit – We want to focus on seasonal produce. Those are our fabulous CARBOHYDRATE sources.

Meat, poultry, and seafood – preferably from grass fed, free-range, and wild caught sources. These are our PROTEIN sources. Proteins are made up of amino acids, responsible for our muscles, hair, nails, and production of DNA.

Oils, nuts, seeds, avocado, and coconut – *These are our good FAT sources.*

Please understand: Fat doesn't make you fat. For so long, we have been putting "low-fat" foods down our throats, thinking we are making ourselves better. As Dr. Phil says, "How's that working for us?" All the "low-fat" craze has done is make us fatter than ever. More about fats in a moment.

WHAT CAN'T I EAT?

When talking about this way of eating, **we like to focus more on what you can eat versus what you cannot eat.**

Before we go on, let's talk about inflammation in the body: what causes it and why we don't want it!

The Inflammation-Nutrition Connection

Much like a finely tuned car that requires fresh oil, gas in the tank, belts, spark plugs, and air in the tires in order to go, the human body also requires all of its working parts to remain healthy, otherwise it will break down.

Inflammation within the body can be the equivalent of pouring salt into the engine of your car--it will run, but not well, and maybe not for long.

When chronic inflammation occurs, free radicals take over and eventually damage DNA. Left untreated, chronic inflammation can lead to a plethora of diseases, including

cardiovascular disease, type 2 diabetes, arthritis and even osteoporosis.

The typical American diet is one of the main culprits of chronic inflammation.

Foods that are over-processed, devoid of nutrients, and full of chemicals and sugars are to blame for many of our health problems today, including some cancers. In fact, it is believed that approximately 70,000 cases of breast cancer each year could be prevented through healthier lifestyle habits, including eating better.

Among the most common dietary culprits are sugar and refined flour, and American diets are chock full of these inflammation-causing foods. From cookies and cakes to soda and breakfast cereals, the typical American consumes more than 160 pounds of sugar per year, and roughly 200 pounds of white flour.

Sugar

Foods that convert into sugar quickly in the body have the potential to raise the level of blood sugar. In response to the rapid rise in blood sugar, the pancreas quickly releases insulin. Chronic and excessive overproduction of insulin can, over time, reduce the ability of beta cells in the pancreas to effectively release insulin, increasing the risk of developing type 2 diabetes.

Blood vessels can become damaged due to too much insulin, leading to a host of conditions, including kidney disease, cardiovascular disease and nerve damage.

High-fructose corn syrup (HFCS)

High-fructose corn syrup (HFCS) is used as a sweetener in most commercially produced snack foods. Consumed frequently and in large quantities, HFCS may lead to diseases like type 2 diabetes, gallbladder disease, obesity and cardiovascular disease.

According to the U.S. Department of Agriculture, Americans consume roughly 20 percent more "added" sugar per day than they did 20 years ago. This statistic does not even include the naturally occurring sugars in fruits, vegetables and most dairy products. The U.S. Department of Agriculture recommends no more than six tsp. of sugar per every 1,600 calories consumed. *Most Americans consume 20 tsp. per day.*



Refined grains

Refined grains are grains that have the bran and germ removed during processing. As a result, the nutrients that are in the bran and germ layers are also removed.

Because the amount of fiber in refined grains is minimal compared to its original state, it is broken down quickly by the digestive system, causing a rapid increase in blood sugar. Sometimes referred to as "high glycemic" foods, refined grains reduce the body's sensitivity to insulin, causing "insulin resistance," which is known to contribute to excess weight gain and type 2 diabetes.

High consumption of refined grains is also believed to trigger excess production of pro-inflammatory regulatory proteins, throwing off the balance between the pro-inflammatory and anti-inflammatory proteins. The body responds to this imbalance by activating its immune system, and inflammation soon develops.

Dairy

Though rich in calcium, the casein in dairy products can trigger autoimmune disease, asthma and bronchitis, according to the University of Michigan Department of Integrative Medicine.

Milk casein is a protein found in most dairy products that has a tendency to irritate the body's immune system. Researchers believe that when dairy cows consume a diet high in grain, they produce large amounts of omega-6 fats. Consuming too much dairy can create an imbalance between the anti-inflammatory omega-3 fats and inflammation-causing omega-6 fats, triggering an inflammatory response.

In addition, it is believed that up to 50 percent of the population is allergic to dairy. Consuming dairy products when a dairy allergy is present can also lead to chronic inflammation.

There is a direct link between what you eat (or do not eat) and your risk of developing a chronic disease. Chronic inflammation is a contributing factor for stroke, heart disease, diabetes, Alzheimer's disease and arthritis.

Inflammation in the body contributes to weight gain, disease, and aging in the body. REPEAT AFTER ME: WE DO NOT WANT INFLAMMATORYS IN OUR BODIES!

Therefore, when we are following the PALEO Plan, for our first 10 days we need to eliminate processed foods, dairy, soy, any form of sugar, and grains.

HOW MUCH DO I EAT?

Typically, when we “diet” we re-strict calories, watch what we eat, and lose weight . . . or do we?

“Dieting” is not sustainable. This is why the results of fad diets don’t last and you end up gaining more weight than when you first started.

Like we said before, your body is like a car; if it does not have enough fuel, it will not get where it needs to go. You would not risk running your gas tank on empty, ***so why would you risk running your body on too few calories?***

We should take in as many calories as we need to function. When we consume too few calories, our bodies begin to break down muscle and store fat for energy. When we consume too many calories, our bodies turn the calories we don’t use for energy into fat.

A good balance is simple. Eat when you are hungry; do not eat when you are not!

But remember to eat slowly so your body can send the signal to your intestines and stomach that you are full before you overeat!

THE PALEO PLAN RATIO



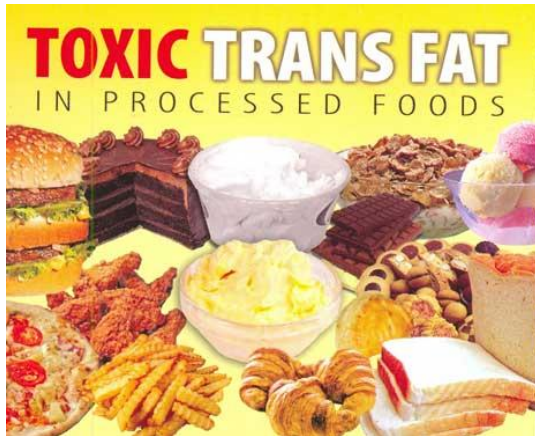
The 10-day PALEO PLAN jumpstart focuses on a higher protein to carb ratio. If you are into math, here’s the rough breakdown: 30-35% of energy from protein, 30% of energy from carbs, and a fat intake of around 35%.

We know what you’re thinking here: “I thought this was a fat flush!?! How come we’re eating so much fat?”

Think good fats: olive oil, coconut oil, avocado, grass-fed meat, etc. These will give you the good fats you need to help raise satiety levels, making you feel fuller longer. They also are a good source of energy for prolonged energy needs.

The only fats we really don’t like are saturated fats—those from animal products and man made trans-fats. When it comes to

fat, trans-fat is considered by some doctors to be the worst type of fat.



Unlike other fats, trans fat—also called trans-fatty acids—both raises your "bad" (LDL) cholesterol and lowers your "good" (HDL) cholesterol.

The Mayo Clinic says, "Trans-fat is made by adding hydrogen to vegetable oil through a process called hydrogenation, which makes the oil less likely to spoil. Using trans-fats in the manufacturing of foods helps foods stay fresh longer, have a longer shelf life and have a less greasy feel. "

Scientists aren't sure exactly why, but the addition of hydrogen to oil increases your cholesterol more than do other types of fats. It's thought that adding hydrogen to oil makes the oil more difficult to digest, and your body recognizes trans-fats as saturated fats.

You will find trans-fats in commercial baked goods (crackers, cookies and cakes) and many fried foods (doughnuts and french fries) as well as shortenings and some margarines.

BUT NOT TO WORRY! On the Paleo Plan, you won't be eating any of this junk anyway!

GETTING STARTED

The Pilates Fat Loss Formula PALEO JUMPSTART requires your eating Paleo for 10 (consecutive) days. We've made this as painless as possible by providing you with easy to prepare recipes and one stop shopping lists.

Just do what we tell you to do, eat what we tell you to eat, and prepare to start feeling better, looking leaner and more toned. This age-defying eating plan is going to jumpstart your process to looking and feeling years younger!



Do not think of this as a diet or 10 days from hell where you are restricting the foods you love just so you can look better.

Join the PFF Community in shifting our mindset: this program is FOR our health and well being, NOT just to look good.

Making a dramatic change in your life, whether it is changing the way you eat, finding an exercise plan that you like, or learning to de-stress, takes time. This 10-

day PALEO JUMPSTART is just that...a **time for you to begin a huge transformation in your life.**

Yes, this is **your opportunity** to jumpstart your healthier lifestyle, flush away some fat and rid yourself of negativity and excuses!

This is your chance to stand up and decide that **YOU ARE WORTH IT!** You're worth the time reading this book, the time planning how you will eat, and worth the time to shop and eat right. **YOU** get to decide if **YOU CAN COMMIT** to looking and feeling amazing at any age!

During these 10 days, you may feel tired and sluggish as your body begins detoxing and coming out of that sugar coma. You will need guidance, support and community to keep you on track. You have that at Pilates1901; with us, others have seen results, and we're going to help you get them, too!



Wendy lost got rid of her mommy body!



Andrea lost nearly 40 lbs with us!



Betty totally transformed her body!



Sara has since become a Pilates trainer!

GETTING STOCKED AND LOCKED



We've taken care of everything. You need to focus on your results and not stress over the process. We've provided you with specific shopping lists to match your daily recipes, making it simple and easy for you to stay on track.

It can be difficult to develop a full Paleo diet food list that has all the good things and not one of the bad if you're a newcomer to the Paleo plan, so we've got a great start for you here.

The thing that makes the Paleo food list completely different from the food selection with various other food plans is the fact that it's meant to assist the body turn out to be more powerful as well as much healthier without having compromising flavor or pleasure.

Your **10 Day Jumpstart** includes everything you need to prepare, execute and benefit from our Paleo plan. You get our Paleo Pantry List, Paleo Fridge List, Paleo Food List, Daily recipes and 5 day shopping lists... There's absolutely NO REASON to stress! It's all done for you!

PALEO PANTRY LIST

This list will provide you with some basics that you will need to continue to eat clean, even after the 10-day Jumpstart.

- Nuts (almonds, walnuts, macadamia nuts, pecans, pistachios)
- Unsweetened dried fruits (raisins, cherries, apricots, mangoes)
- Olive oil, coconut oil, canola oil, walnut oil, mayonnaise (made with canola or olive oil)
- artichoke hearts
- almond butter
- Agave, honey
- almond meal, coconut flour
- unsweetened shredded coconut
- jerky (bison, beef, elk, venison, etc.)
- chicken broth, beef broth, vegetable broth
- coconut milk
- canned tomatoes
- canned tuna
- canned pumpkin, other unsweetened fruit
- onions, garlic
- spices, sundried tomatoes, herbs

PALEO FRIDGE LIST

- Eggs (free-range or omega-3 enriched)
- Grass-fed beef, free range chicken
- Dijon mustard, salsa
- Spinach, kale, broccoli, asparagus
- Carrots
- Cucumbers
- Tomatoes
- lettuce mix (the greener the better)
- avocado
- apples, blueberries, strawberries, peaches, pears, cherries
- lemons, limes
- seasonal fruits and *veggies

NOTES:

** Vegetables are permitted within the Paleo food plan, however legumes and starchy ones like corn and potatoes need to be avoided in the first 10 days. After that, you may return them to your diet in modest quantities IF you miss them!*



***Use oils like olive, avocado, walnut, flaxseed, and even canola, as an alternative. It's encouraged to use oils moderately, restricting their use to 4 tbsp or less each day.*



Get rid of unclean foods . . . *donate to friends, the food pantry, or your garbage.* If junk is sitting around, **you will cheat.** We know this from experience.

Particularly, **processed food items need to be completely eliminated from your diet plan.**

Take a deep breath and purge your cupboards and fridge, so only things on the above list remain.

*No dairy, grain-based, or soy products should be left in your cupboards.

Remember, you plan to succeed or you plan to fail.

There is no in between.

Sleep + exercise + a healthy diet = weight loss!

Did you know the Paleo plan also helps us sleep better? That's good news because researchers from several separate studies have found a link between sleep and the hormones that influence our eating behavior. Two specific hormones are involved—ghrelin and leptin. *Ghrelin* tells your body when it's hungry. *Leptin* tells the brain when your body is full (and should stop eating).

When you're sleep deprived, your ghrelin levels increase at the same time that your leptin levels decrease. **The result is an increased craving for food and not feeling full.** Add the fact that sleep deprived people tend to choose food unwisely—mainly high-calorie sweets and starchy snacks—it's easy to see how these small changes can lead to long-term weight gain .

In a study of 1,024 people aged 30-60, Body Mass Index (BMI) levels were recorded². Those who slept only three hours a night had a 5% increase in body weight over 15 years. Researchers say that the number may well be an underestimate of the real life impact.

Don't think snoozing a few hours longer each night will solve a weight problem—it won't. Exercising and eating healthfully is still the way to go. But, lack of shut-eye may soon be considered another risk factor for obesity. Especially since 65% of Americans are overweight and 63% of people don't get eight hours of sleep a night. Interestingly, many of those who are overweight also don't sleep enough.

Most people need anywhere from eight to nine hours of sleep per night, and this should be quality sleep (no TV or computer on, waking up



multiple times in the middle of the night, or a night with a few too many drinks).

Lack of sleep will eventually cause health problems, weight gain, and decreased mental clarity. Lack of sleep makes your body produce more cortisol, which causes increased belly fat, that afternoon drag, and increased stress no matter how much exercise you are getting.

One thing does seem to be clear: when your body is not hungry for sleep, it won't be hungry for food, either.

STRESS, CORTISOL & WEIGHT GAIN

The same is for high amounts of stress in your life. Too much stress, just like not enough sleep, will cause the body to store fat due to cortisol levels.

Cortisol is an important hormone in the body, secreted by the adrenal glands and involved in the following functions:

- *Proper glucose metabolism
- *Regulation of blood pressure
- *Insulin release for blood sugar maintenance
- *Immune function
- *Inflammatory response
- *higher blood pressure
- *lower immunity and inflammatory responses including slow healing
- * **increased abdominal fat**



In a study at the University of California in San Francisco, researchers found that greater life-stress and stress-reactivity contribute to more belly fat in women.

The consistency of findings was striking: Vulnerability to stress was noted across both psychological and physiological measures among women with a high waist-to-hip ratio. The study found that the women with greater stress and release of cortisol were at higher risk of metabolic diseases.

To keep cortisol levels healthy and under control, the body's relaxation response should be activated after the fight or flight response occurs. You can learn to relax your body with various stress management techniques. You can also make lifestyle changes in order to keep your body from reacting to stress in the first place. Exercise, eating right, and getting enough sleep are good starts!



*ONE MORE THING ABOUT GRAINS AND DAIRY...

Where's my cereal? Where's my milk?

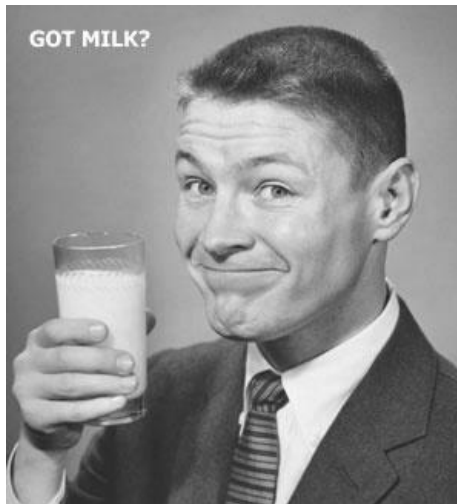
That's right: WE SAID NO GRAINS!

Grains tend to be gut irritants, which over time will cause difficulty digesting foods, as well as **inflammation**, which we now know leads to degenerative disease and aging.

Processed foods also tend to wreak havoc on our hormonal system. Processed foods also cause sharp rises in blood sugar, leading to an increased insulin response. This high insulin response causes those highs and lows throughout the day, making

you hungrier when you should not be. Having elevated insulin levels also will make you crave more sugary foods. When you eat more sugary foods, you are not getting the proper nutrients that your body needs to function.

Dairy and legumes (peanuts and beans) pretty much cause the same effect on the body, leading to even more inflammation, degeneration, and wacky hormonal response. Have we convinced you yet?



We know what you're thinking: "We love milk! Why should something so healthy be off-limits? "

This restriction prompted us to explore the debate online and in Paleo-focused books. One of our favorite online sources is called *The Paleo Lifestyle*. They have a great post addressing this subject that we thought should be included in this program.

"In the strict Paleo sense, dairy of any form was not consumed in the Paleolithic Era, other than human milk in infancy, of course.

It just wasn't very practical to milk wild game. The mere fact that something wasn't consumed during the Paleolithic Era doesn't make it bad, but experience has shown us that it's unfortunately often the case. Dairy is no exception.

There are many health benefits to consuming dairy, which is loaded with nutrients, saturated fats, good bacteria, and protein. Yogurts, kefir, and some cheeses will help to place beneficial bacteria in your gut to help with digestion.

But we must remember that dairy contains a high amount of carbs that can highly promote insulin. This can exacerbate problems related to weight and insulin control.

Even if you're not lactose or casein intolerant and are not worried by weight gain or higher insulin levels, regular grocery store-bought milk is still a poor choice. The cows that sourced the milk probably ate a diet of corn and soy while confined in a very tight environment. As if that wasn't enough, we skim the milk to reduce the healthy saturated fat. Then we pasteurize the milk, rendering some enzymes and beneficial bacteria infective.

Grain-fed cows will produce milk much higher in omega-6 fatty acids and lower in omega-3 fatty acids, which, in the long-term, will trigger inflammation.

Do not despair, though, because **grass-fed**, **pasture-raised** and **organic** cows will produce a milk of a much higher quality."

If you decide to consume dairy, aim for organic, pasture-raised, grass-fed, full fat and fermented (yogurt, kefir, cheese) dairy.

If you want to go even further, try to find raw dairy, direct from the farmer, which will retain all its original properties.

While we're on the subject, also try goat or sheep's milk. It can't get much better than raw, pasture-raised, grass-fed, full fat goat's yogurt!

Hard cheese, yogurt and kefir that have been fermented won't have any lactose left, so it's a good alternative for the lactose intolerant. It will also cause improved insulin response.

Summary:

Most Paleo plans eliminate dairy foods entirely as they contain acids that elevate blood cholesterol and cause inflammation in the body. So for your jumpstart we're asking you to **eliminate them completely.**

If you do choose to continue eating dairy after the first 10 days use it very sparingly and select natural Greek yogurts, kefir, and hard, fermented cheeses.



But what's that you're saying? "I can't give up my favorite food!" First of all, it's just for 10 days. Ten days isn't forever, and yet, it is time enough for you to see if you feel

and look different, and have more energy for your workouts and your day!

We're urging you to give this a shot for at least 10 days and re-ask yourself this question at the end.

If you do not see positive changes, then you can go back to your old way of eating.



YOUR 10-DAY JUMP START PLAN

This plan was written in 2 – 5 day cycles. Your daily plan is outlined first with your menus, followed by recipes and 5 day shopping list.

Days 1-5

Day 1

Breakfast: 2-4 scrambled eggs, handful of almonds, and a small piece of fruit

Lunch: Chicken Fajita Salad

Dinner: Lemon Salmon and Asparagus

Snack: Apple and Almond Butter

Day 2

Breakfast: Almond Blueberry Pancakes

Lunch: Leftover Salmon and Asparagus (Monday dinner)

Dinner: Sausage and Cabbage Noodles

Snack: Deli meat (or chicken fajita leftovers) and a handful of nuts

Day 3

Breakfast: 2-4 scrambled eggs, deli meat, fruit

Lunch: Sausage and Cabbage noodles (leftover from day 2 dinner)

Dinner: Pork chops and roasted Brussels sprouts

Snack: Hard boiled eggs, almonds

Day 4

Breakfast: Almond Blueberry Pancakes (from Day 2)

Lunch: Confetti Turkey Burgers and Salad

Dinner: Paleo Pad Thai

Snack: Spinach Smoothie

Day 5

Breakfast: Sweet Potato Hash and Deli Meat

Lunch: Paleo Pad Thai (leftover from day 4 dinner)

Dinner: Chicken lettuce wraps

Snack: Apples and Almond Butter



Lemon Dill Salmon with Asparagus

- 2 salmon filets
- Olive oil (for drizzling)
- 3-4 cloves garlic, minced
- 1 tbsp dill (more if dried)
- 2 lemons, 1 thinly sliced, 1 for juice
- Salt and pepper
- 1 bunch asparagus

Salmon: Preheat oven to 350° F. Place salmon filets in baking dish, skin side down, and drizzle with olive oil. Sprinkle minced garlic, dill, salt, and pepper over filets. Squeeze juice of 1 lemon over salmon filets and the place thinly sliced lemon on top of salmon. Bake for 10-15 minutes until salmon is cooked through and flakes with fork.

Asparagus: Blanch, steam, or bake asparagus, top with pepper and lemon juice

Almond Blueberry Pancakes

- 1 cup almond flour
- ¼ cup finely shredded coconut
- 2 eggs
- ½ cup coconut milk
- ¼ cup natural unsweetened applesauce
- ½ to 1 cup fresh or frozen blueberries
- 3 tbsp cinnamon
- Coconut oil

Mix all ingredients together except oil. Heat griddle or pan over medium heat with oil, thinly coating surface. Use a ¼-measuring cup to

Recipes

Chicken Fajita Salad:

- 1 tbsp olive oil
- ½ onion, sliced
- ½ green pepper, sliced
- 1 boneless, skinless chicken breast, cut into strips
- ½ tsp cumin
- 2 tsp oregano
- Red or green leaf lettuce
- 1 tomato
- 1 avocado

Sauté sliced onions in skillet in olive oil until soft. Add chicken, cumin, and oregano. Sauté chicken until just cooked. Add green pepper and cook until slightly softened, and let cool for a few minutes. In the meantime, shred the lettuce, then add diced tomatoes, and top with the chicken mixture and sliced avocado. Top with salsa if needed for a “dressing.” Save extra chicken (if leftover) for a snack.

spoon batter onto skillet, cooking about 4-5 minutes on each side until browned and slightly crispy. Top with extra blueberries and/or cinnamon to your liking. This recipe will make 2-3 days worth of pancakes (considering eating 2-3 small pancakes for a meal)

Sausage and Cabbage “Noodles”

1-pound sausage (I use mild Italian turkey sausage)
2 tbsp coconut oil
½ head cabbage, thinly sliced into strips
2-3 carrots, thinly sliced
1-2 cloves garlic
½ red onion
Paprika, salt, and pepper to taste

Cook sausage in pan until cook thorough. Remove from pan. Add coconut oil to pan, then add onions and garlic, cooking for about 3-5 minutes, until slightly browned. Add cabbage and carrots, cooking for 5-10 minutes until cabbage starts to soften a bit and becomes “noodle.” After 1-2 minutes, add in seasonings to taste. Add sausage back into the pan and stir, mixing well. (Makes 3-4 servings)

Pork Chops and Roasted Brussels Sprouts

- 2 boneless pork chops
- 2 tbsp natural unsweetened applesauce
- 1 tbsp Dijon mustard
- ½ shallot, minced
- 1 tbsp apple cider vinegar
- 1-2 tsp cinnamon
- 1-2 tsp black pepper
- white wine vinegar

Combine applesauce, mustard, shallot, vinegar, cinnamon, and black pepper a bowl. Add pork chops and marinate overnight or, for quick chops, 30 minutes. Overnight marinating will allow the chops to soak in flavor. After pork chops are finished marinating, heat skillet over medium high heat. Sear chops on each side for 3-4 minutes or until browned. Add vinegar to

coat bottom of pan, cover and cook for 10 minutes or until cook through.

- ¼ lb brussels sprouts (about 2 handfuls)
- olive oil
- 3 tbsp Dijon mustard
- 1-3 cloves garlic, minced
- black pepper
- 1-2 tsp honey
- dried cranberries
- slivered almonds

Cut stems off brussels sprouts and peel a few outer layers of leaves off. Rinse in cold water and drain. Combine oil, mustard, garlic, honey, and black pepper. Combine mustard mixture with brussels sprouts in oven safe dish. Sprinkle cranberries and almonds on top. Bake at 425°F until leaves start turning brown and crisping.



Confetti Turkey Burgers

- 1 lb lean ground turkey
- 5-6 garlic cloves, minced (I love garlic)
- 1/4 red onion, chopped
- a few carrots, chopped
- a few handfuls fresh baby spinach
- olive oil
- cumin
- chili powder
- large Portobello mushrooms
- Condiments of your choice (no ketchup!)

Chop onion, garlic, and carrots into small pieces. Place veggies in large pan over medium low heat with baby spinach and drizzle a small amount of olive oil, stirring frequently until veggies are soft and spinach is wilted. While the veggies are cooking, mix ground turkey (or other ground meat of your choice) with chili powder, cumin, and pepper. Let veggies cool briefly, then add to turkey, mixing well. Form into patties (this recipe tends to make 4-5 patties, depending on the size you make them). Brown patties on each side in a lightly greased skillet or on a grill, cooking through, 4-5 minutes each side. After patties are finished cooking, add Portobello mushrooms, adding a little bit of oil if necessary, and cool a few minutes on each side until slightly softened and browned. Add your own condiments. I typically top with tomatoes, guacamole, and lettuce.

Paleo Pad Thai

- Spaghetti squash (I used only about ¼ of the squash for the Pad Thai and used the rest for other dishes)
- 2 zucchini, julienne sliced
- 3 large carrots, julienne sliced
- 1 bunch green onions, thinly sliced
- 1 lb raw shrimp
- 2-3 cloves garlic
- 2 eggs scrambled
- Sauce
- 2 tbsp almond butter
- juice of 1 lime
- 3 cloves garlic, minced
- 1-2 tsp red pepper flakes
- 1-2 tsp chili powder
- 1 tsp coconut aminos
- 1 tbsp olive oil

Preheat oven to 350°F. Slice spaghetti squash in half lengthwise, clean out seeds, and place cut side down in baking dish. Fill baking dish with about 1 inch of water, cover loosely with foil and bake until soft, about 30-60 minutes depending on the size of the squash. While the squash is cooking, sauté shrimp in coconut oil

until cooked through, remove from heat. Sauté zucchini, carrots, green onions, and garlic in either coconut or olive oil until cooked slightly. Add in spaghetti squash and shrimp and toss to cook together. Mix all sauce ingredients together and add to pan, stirring to cover evenly. Stir scrambled eggs in gently and enjoy!



Spinach Smoothie

- handful of spinach
- 1 small to medium banana
- ½ to ¾ cup unsweetened coconut milk
- Ice

Mix all ingredients in a blender. Add ground flaxseed for extra omega-3s and a nuttier flavor.

Sweet Potato Hash

- 1 tbsp olive oil
- ½ cup chopped onions
- 2 medium sweet potato, diced into small cubes or grated
- ½ cup chopped bell pepper (optional)
- 1 tbsp water
- fresh ground pepper

Heat oil in skillet over medium heat. Add the onions and sauté for 2-3 minutes. Add sweet potatoes, bell peppers and 1 tbsp of water.

Cover and cook for 15 minutes until potatoes are soft. Toss often to prevent burning. Serve with fresh black pepper.



Chicken Lettuce Wraps

- olive oil
- 2 chicken breasts, diced into small pieces
- handful of carrots, minced in a food processor
- 1 can of water chestnuts, minced
- handful of mushrooms, diced
- 1 bunch of green onions, diced
- 4-5 garlic cloves, minced
- 1-2 tsp coconut aminos (similar to soy sauce, gluten and soy free)
- 1-2 tbsp white vinegar
- 1-2 tsp agave nectar or honey

Sauce

- 1-2 tbsp almond butter
- 3 tbsp olive oil
- a few drops of agave nectar/honey
- chili flakes

Heat oil in pan over medium heat, add diced up chicken and cook until browned (add salt and pepper to taste). Meanwhile, stir in coconut aminos, vinegar, and agave nectar. Once chicken is cooked, add all minced/diced veggies and sauté 1-2 minutes, then add sauce above, stir and cook additional 1-2 minutes. For spicy sauce (if desired): mix all ingredients listed above into a paste. I preferred to heat it up for

a few seconds in the microwave. Serve on clean pieces of lettuce, large enough to stuff.

5-Day Shopping List



Pantry: Olive oil, coconut oil, apple cider vinegar, white wine vinegar, Dijon mustard, coconut milk, almond butter, honey, natural unsweetened applesauce, dried cranberries, sliced almonds, whole raw almonds, coconut flakes (optional), almond flour, water chestnuts

Spices: dill, oregano, cumin, chili powder, chili flakes, paprika, cinnamon

Produce: 2-4 apples, strawberries, blueberries, 1 banana, 2 sweet potatoes, spaghetti squash, 2 zucchinis, 2 bunches green onions, ¼ lb brussels sprouts, 1 shallot, 1 red onion, 1 yellow onion, 1 green pepper, avocado (optional), 2 lemons, 1 bunch asparagus, 1 lime, ½ head cabbage, bag of baby carrots, spinach, 2 large Portobello mushrooms, 4-5 white mushrooms, green leaf lettuce, 2-3 bunches garlic

Proteins: frozen shrimp, 3 chicken breasts, 2 salmon filets, 1 lb sausage, 2 pork chops, 1 pkg ground meat, ¼- ½ pound nitrate free deli meat, 2 cartons free range eggs

Days 6-10

Day 6

Breakfast: Sweet Potato Hash and scrambled eggs (leftover from Day 5 breakfast)

Lunch: Chicken lettuce wraps (leftovers from day 5 dinner)

Dinner: Salmon and Strawberry Spinach Salad

Snack: Deli meat and nuts

Day 7

Breakfast: Sausage, Egg, and Spinach Scramble

Lunch: Tuna Salad Makeover

Dinner: Honey Mustard Chicken Sandwiches and Cucumber Salad

Snack: Piña Colada Smoothie and Deli Meat

Day 8

Breakfast: Sausage, Egg, and Spinach Scramble

Lunch: Tuna Salad Makeover and Cucumber Salad (leftover from Day 7)

Dinner: Lemon Garlic Tilapia and steamed broccoli

Snack: Carrots and Guacamole

Day 9

Breakfast: Spinach Smoothie, 2 slices ham, and handful of nuts

Lunch: Tilapia and salad or veggies of your choice (leftover from Day 8 dinner)

Dinner: Spinach Artichoke Chicken

Snack: Hard boiled egg, handful of nuts



Day 10

Breakfast: Peach and Pecan Scramble

Lunch: Spinach Artichoke Chicken (leftovers from day 9 dinner)

Dinner: Warm Bacon, Sweet Potato, and Arugula salad

Snack: Jicama and guacamole

Recipes

Salmon and Strawberry Spinach Salad

- 1 container strawberries, diced
- 1 cucumber, diced
- 2 kiwis, skin removed and diced
- 1/2 of a red onion, diced
- 1-2 jalapenos, seeds removed if desired, minced
- 2 cloves garlic, minced
- 2 limes
- 1 lemon
- Fresh basil and cilantro, thinly sliced



- 1-2 medium to large tomatoes, cored and partially cut into wedges
- Large handful baby arugula (or spinach)
- ½ avocado

Mix together lemon juice, lemon zest, Dijon mustard, and 3 tbsp olive oil. Add to the tuna and mix thoroughly. Add in carrots and red onion until mixed evenly. Spread out arugula on plate, and drizzle remaining olive oil (or dressing of your choice) over greens. Core tomato and place on top of arugula then fill with the tuna salad. Top with sliced avocado.

Cook salmon drizzled with olive oil and peppered in baking dish for 15-20 minutes or until it flakes easily with a fork. Dice up strawberries, cucumber, and kiwis. Dice red onion and mince garlic and jalapenos and stir into fruit mixture. Cut lemon and limes in half and squeeze juice (watch for seeds) over salsa, stirring through. Sprinkle with fresh cilantro and basil. Let salsa marinate for at least 30 minutes to mix all flavors.



Sausage and Spinach Egg Scramble

- 1 pkg pork or turkey sausage
- 2 handfuls spinach
- 2 eggs

Cook sausage until cooked through in a large skillet. Add spinach, stir, and cover. Cook until spinach is wilted. Cook eggs in a second small skillet anyway you wish and top onto sausage mixture.

Honey Mustard Chicken Club “Sandwiches”

- 2 tbsp Dijon mustard
- 1-2 tbsp honey
- olive oil to coat
- few shakes of crushed red pepper
- few shakes of chili powder
- 1 pkg chicken tenders or chicken breast
- Romaine lettuce
- Tomato and avocado slices

Tuna Salad Makeover

- 1 fresh lemon, juiced, plus 1-2 tsp lemon zest
- 2 tbsp Dijon mustard
- 5 tbsp olive oil, divided
- 1 (12 oz) can wild caught tuna, packed in water
- handful of baby carrots, chopped finely
- ¼ red onion, diced

Mix all ingredients together and allow chicken to marinate at least 30 minutes. Cook marinated chicken in pan or on the grill until cooked through. Place chicken in lettuce, top with your choice of condiments (we love tomato and avocado), wrap, and enjoy!



Cucumber Salad

- 1 cucumber, sliced
- 1 tomato, diced
- 1 can black olives, drained (if desired)
- ¼ red onion, diced
- 3-4 cloves garlic, minced
- Balsamic vinegar and olive oil to liking
- Fresh basil, thinly sliced
- black pepper and sea salt to taste

Let stand in fridge for at least an hour so vegetables take up dressing and enjoy!

Piña Colada Smoothie

- ½ cup coconut milk
- 1 tbsp coconut flakes
- fresh or frozen pineapple
- pineapple juice (if available)
- banana (optional)
- ice

Mix all in blender and enjoy.

Lemon Garlic Tilapia

- 2 tsp olive oil
- ½ tsp lemon zest
- 2 cloves garlic, minced
- 2 tilapia filets

Heat oil in skillet over medium heat. Add lemon zest and garlic to tilapia filets. Cook fish, turning once, until it flakes easily.

Stephanie's guacamole

- 2 avocados
- ¼ red onion
- 1 small tomato
- ½ lime, juiced
- fresh cilantro (I used about ¼ of a bunch)
- 3-4 cloves garlic
- 2 jalapenos, seeded and diced
- sea salt and pepper

Mix all ingredients together and enjoy with carrots, cucumbers, or jicama for a tasty Paleo treat!



Spinach Artichoke Chicken

- olive oil
- 2-3 cloves garlic, minced -and/or- garlic powder
- 2-3 green onions, diced into small pieces
- 2 chicken breasts, diced into 1 inch cubes
- 1-2 tbsp Dijon mustard
- 1 can quartered artichokes, drained, rinsed, and cut into small pieces
- 1 Roma tomato, diced
- 2 large handfuls of spinach

Add oil, garlic, and green onions to pan over medium heat and sauté garlic until brown. Add

chicken and garlic powder if you choose, cooking for about 5 minutes until chicken starts to brown. Add Dijon mustard (for creamy texture) and finish cooking chicken. Add artichokes, cooking for a few more minutes. Add spinach to pan along with tomatoes, stir and cover with lid, wilting spinach for a few minutes. Remove lid and continue stirring until mixed through.

Peach and Pecan Scramble

- 1 small peach, diced into small pieces
- 1 tbsp olive oil
- 4 tbsp pecans, chopped
- 2-3 eggs
- 1-2 tsp cinnamon
- 2 tbsp unsweetened applesauce

Heat the olive oil in a small skillet over medium heat and then add diced peaches and chopped pecans. Stir-fry for 3-5 minutes or until the peaches soften. Meanwhile, crack eggs into bowl and add applesauce and cinnamon. Beat well. Add egg mixture to skillet; let the eggs set on bottom, then flip. The eggs will be down when golden brown.

Sweet Potato and Bacon Salad

- 1 large sweet potato, diced
- 1 tbsp coconut oil
- 6 strips of bacon, diced
- 1 leek, thinly sliced
- Bowl of baby arugula

Dressing

- ¼ cup olive oil
- 2 tbsp apple cider vinegar
- 1 tbsp spicy brown mustard
- 2 tsp basil
- 1 tsp cayenne pepper

Preheat your oven to 400°F. Toss sweet potatoes in either olive oil or coconut oil, placed on baking sheet, and bake for 20 minutes, or until soft. While the potatoes are baking, cook the bacon in a large skillet. Once the bacon is

cooked, add the leeks and sauté for 5 minutes. Place arugula in bowl; add ½ bacon/leek mixture and half of the sweet potatoes. Toss well so the warm bacon and sweet potatoes help wilt the arugula a little bit. Pour mixed dressing over the salad to the amount of your liking. Add fresh black pepper to taste.

5-Day Shopping List

Pantry: You should still have many of the things you bought for the pantry during the first 5-day shopping list. Be sure to still have on hand: olive oil, apple cider vinegar, Dijon mustard, coconut milk, applesauce, honey, natural almonds, and coconut flakes.

Be sure to also have: small bag of pecans, 1 can artichoke hearts, balsamic vinegar, spicy brown mustard, 1 can black olives

Spices: cumin, chili powder, crushed red pepper, basil, cilantro, cinnamon, cayenne pepper

Produce: broccoli, 1 peach, pineapple (fresh or frozen), 2 bananas, 3 avocados, 3-4 tomatoes, 1 pkg baby arugula, 1-2 sweet potatoes, 1 leek, fresh basil, fresh cilantro, 2 bags baby spinach, 1 container strawberries, 2 cucumbers, 1 bunch green onions, 2 kiwis, 1 red onion, 4 jalapenos, 3 2 bunches garlic, 3 limes, 2 lemons, jicama

Proteins: 1-2 cartons of eggs, 1 salmon filet, ½-1 lb nitrate free deli meat, 1 pkg sausage, 1 large can tuna (wild caught, packed in water), 2 tilapia filets, 4 chicken breasts, ½ lb bacon





Do you ever wonder why you make some decisions? Like why a sane person would ever choose to wear gray cotton capri pants that have no lycra and white tank top for my Fat Loss Before and After pics?

Why didn't some dear friend suggest a nice pair of spunks and black lululemon girdle pants?) Alas... I made that decision and I'm afraid I am stuck with this choice for a while.

That's because after the first 10 Days of our Pilates Fat Loss Formula Jumpstart, I managed to lose 5.5 inches, 2 lbs and decrease my body fat by 2%. That's in just 10 days! Imagine what I can do in 30 days!

Wait a minute! Did I just say that out loud? I'm going to stay on this eating plan for 20 more days? Yes! That's what just said.

Here's why: **I FEEL TERRIFIC!** Sure, it's great to see some statistical proof, (and I do love seeing numbers reflecting progress)- but more than that is the increase in energy I am feeling once my body adjusted to this new way of eating.

I was lucky enough to do this with some very fabulous friends and co-workers and the community they provided was essential to getting through some of the "less comfortable" days getting started. We've bonded, bitched and managed to all have amazing results in just 10 days! We've supported each other in and out of the studio, even having a 'paleo pot luck'

dinner party that was truly amazing! Who knew there were so many great ways to eat healthy and feel great.

The great thing about doing the **10 Day Jumpstart** is how acutely aware it makes

you of what you are putting in your mouth and how much your body may withdraw when it lets go of sugar, artificial sweeteners, starches and toxins.

We live in a culture where fast food and convenience foods undermine our daily quest for eating clean- doing the Jumpstart forced me to reacquaint my palate with healthy proteins, veggies, fruits and nuts.

My idea of crack: unsweetened applesauce with cinnamon and walnuts! Heaven!

But don't let that scare you. After 10 days we recommend you work the program 80/20 - 80% of the time you follow it to the letter- and 20% of the time you get to cheat- hence the wine!!! So there is a real world way to eat clean, get lean and love your body!



Tina's Jumpstart Sample Day

(because sometimes you don't have time to cook from a recipe even though you mean to)

Breakfast: 2 Minute Greek Omlette

crack 2 eggs, slice onion, toss in a handful of spinach and tbsp of olive tampenade and sautee in tsp olive oil

Snack: *Banana, Blueberry and Strawberry mix or sometimes a boiled egg*

Lunch: That's a wrap (sort of)

Chicken breast or Turkey, cucumbers, sprouts, and tomato slices wrapped in Romaine lettuce. I used mustard instead of mayo even though there was salt in it.

Snack: *Fuji apple with almond butter (also known as the devil butter- beware the nut butters)*

Dinner: My Favorite Fish

Salmon on the cedar plank with sauteed squash, steamed spinach and apple slices, and or brussel sprouts. Love to finish off my main meal with some "crack": unsweetened applesauce with a sprinkle of cinnamon and raw walnuts.

After Dinner Drink: *Roastarama and Chai Tea Mix. I put one bag of nutty coffee like Roastarama with one bag of India Spice Chai tea for a delicious night time toddy. Both are by Celestial Seasonings and decaf. Enjoy with coconut creamer!*