

Lesson 1: The Discovery Diet

1. Order your blood tests (if necessary). See the “Testing Information” in the Resources section of this book.
2. Familiarize yourself with the **Discovery Diet Exclude & Include Foods** and **Forbidden Lists!**
3. Use the *Recipes/Meal Ideas* section in this book, which contains meal, snacks and shake recipes that are already balanced for you. **For quicker weight loss**, follow the *Grain-Free & Dairy/Casein-Free* recipes.
4. Make a shopping list based on the recipes you have created and chosen from the *Recipes/Meal Ideas* section. Check these items on your *Natural Foods Shopping List*.

Women - typically use the 3-block breakfast or the 4-block shake, 3-block meal and the 1-block snack recipes. Your total daily consumption should be 11-12 blocks a day (1250 to 1350 daily calories) eating 5 times a day (3 meals plus 2 snacks) every 3 hours.

Men - typically use the 4-block breakfast or 4-block shake, 4-block meal and the 2-block snack recipes. Your total daily consumption should be 16 blocks a day (1800 daily calories) eating 5 times a day (3 meals plus 2 snacks) every 3 hours.

5. Shop for everything you’ll need for the first few days.
6. If you don’t have a lot of time to cook and prepare meals, go to my online store at www.eatingforvitalitydiet.com and look over the shakes and bars you can order as meal replacements and snacks. The shakes and bars are delicious and can replace 1 or 2 meals a day. Then you will only need to prepare a single meal each day. This makes eating really easy.
7. If you don’t want to cook or prepare meals...no problem! Go to my online store and order pre-packaged healthy meals from **ModPaleo** or if you are a vegan, order from **22 Days Nutrition**.

These pre-packaged meal services do all the foot work for you. Each week, they deliver gourmet meals made from organic, well-sourced local ingredients. All you have to do is heat and enjoy!

Proper planning is the key to success on your new lifestyle program!

1. Always carry snack bars with you.
2. Purchase a soft-sided insulated lunch box, a couple of reusable ice packs and a wide-mouth thermos (great for chili, stews, and soups) for when you're at work or on the road.
3. Bring snacks and light meals that require minimal or no extra preparation. (Having a microwave at work is useful as well as a blender to make shakes.)
4. The *Recipes/Meal and Snack Ideas* in this book provide quick and easy recipes that you can bring to work in your lunch box.

Lesson 2: The Favorable Foods

Basic Essentials

1. Put together menus using your *Favorable Food List*, or use my *Recipes/Meal Ideas*.
2. Never miss eating breakfast! (See "*Meal Replacement Shake Ideas*" in *Recipes/Meal Ideas*.)
3. Never eat high *Glycemic Index* starchy carbs on their own. Always eat in combination with a protein.
4. Always start a meal with some protein first to slow digestion.
5. Consume plenty of your unlimited veggie carbs daily, raw when possible (smoothies, salads, etc.).
6. Drink at least 8 cups of water each day (4 of the 16 oz bottles) primarily between meals. Optimal Daily Water Intake: $\text{Weight} \times .075 = \# \text{ of cups}$. Limit water during meals to 4 oz to 8 oz so not to dilute digestive enzymes.
7. Never let more than 5 hours go by without eating a meal or snack (hungry or not).
8. Do not eat less than advised. You will lose muscle and not fat!

Remember that this is not a diet; it's a healthy lifestyle that will allow you to lose unwanted fat weight and help you achieve your health goals!

When Dining Out

- Do not eat the rolls! Always start your meal with a protein.
- Always consume alcoholic beverages with protein foods. Either have a glass of red wine with a protein appetizer (shrimp cocktail, chicken etc.) or wait and have it with your meal.
- Always choose a lean protein entrée and ask your waiter to replace or reduce starchy carbohydrates (potato, rice, etc.) with extra favorable vegetables and include a green salad.
- If you are planning to have a dessert, eliminate the starchy carbohydrate in your meal. Eat only half of the dessert or offer to share it.
- It is especially important not to have sweets or high glycemic carbs within 2 hours before bed. The glucose (sugar) that you do not burn off will be stored as fat!

Lesson 3: The Visually Balanced Meal

1. Put together menus using your *Visually Balanced Meal Guide* in conjunction with the *Favorable Food List* and the *Recipes/Meal Ideas*.
2. When dining out, make sure to check the portion size of the protein. If the served portion is too small, ask for extra as a side. If it's too large, take the excess home for a snack.
3. Try to balance your protein to fat to carbohydrates at each meal.
4. If you are hungry, you can eat more as long as you balance proteins, fats, and carbs.
5. If you have a meal or special occasion when you eat too much or if you eat the wrong (protein to fat to carb) ratio, do not become discouraged. Simply get back on track with your next meal!

Lesson 4: Balanced Block Chart

You'll notice that most packaged foods are usually in the form of carbs, so the easiest way to balance is by adding a protein source.

Examples:

- High-quality protein powder added to cereals and baking mixes
- Gluten-free jerky's to have with trail mixes or dried fruit
- Chicken salad with crackers

Lesson 5: The Daily Meal Planner

1. Use the *Favorable Food List* and *Daily Meal Planner* to plan your meals. For more options, use the *Master Food Block List*, which is an extensive list of foods in 1 block amounts in Lesson 4.
2. Schedule your meals and snacks to eat every 3-4 hours.
3. Plan all your meals this way for the next 4 weeks until it becomes natural. This routine is the key to your success!

Exercise

- Even if you're eating the best diet in the world, you still need to exercise if you want to achieve optimal health and vitality! You should include some core-strengthening exercises, strength training, stretching and cardio exercises like interval training (high-intensity 'burst' type activities). See "*Exercise*" in the *Resources* section.

Sleep is Important

- You must sleep well! Sleep deprivation has serious adverse effects on your health! See "*Sleeping Well*" in the *Resources* section.

Stress Management

- Stress has been linked to all the leading causes of death, so it's important to understand the sources of stress in your life and what you can do to manage them. See "*Stress Management*" in the *Resources* section.