









We want to introduce you to a new way of thinking about food so you can lose weight and keep it off for **good.**



There is no quick fix for any of life's challenges, especially weight management. Keep in mind that we are not presenting another diet. This is a scientific approach to weight management that has helped thousands worldwide and, hopefully, it will help you, too. A new way of thinking requires knowledge, understanding, and practice.

What is Protocol?

As you know, Chorionic gonadotropin or human chorionic gonadotrophin, also known as hCG, is a hormone produced during pregnancy. It has been used for decades in the area of weight management. hCG helps burn the abnormal fat, also known as "mobile fat" – the fat stored around the hips, thighs, belly and upper arms. It leaves the "structural fat" untouched – that's the fat found in the muscles, which protects your organs. This way, the excess fat disappears even faster, and those problem areas are dealt with more efficiently.

An added benefit to releasing the fat within the cells is that it helps detoxify the body. Detoxification is known in the health and wellness world as imperative to weight loss and will help improve your metabolism, your overall mood, your sense of well-being, and your overall health. Toxins your body cannot process end up stored in your fat cells, so as you lose weight, your body is detoxifying.

What is The Treatment?

The P2 protocol consists of a healthy low-calorie diet. On average, you will experience rapid weight loss of approximately half a pound per day. In addition to the loss of unwanted fat, the most important benefit of the protocol is its ability to help modify your relationship with food and eating; this results in easily maintained, long-term weight loss.

To learn more, be sure and read the original protocol **Pounds & Inches** by Dr. Simeons.











Getting Started:

The first three days of the P2 protocol consist of eating a high-fat, high-calorie diet. You will be eating the most fattening foods to capacity. Think of those days as your last great food binge. "Why," you ask, "would I want to do that?!!" Although it seems counter-intuitive, it is essential to an effective round of protocol because you cannot comfortably start on a 500-calorie diet unless your normal fat reserves are well stocked. We recommend eating healthy fats and foods you will miss the most rather than just polluting your body with refined, processed sugars and flours. Think ribeye steaks, bacon, buttery veggies, creamy Alfredo sauce, avocados, and heavy whipping cream. Even if/when the numbers on the scale increase, you must continue to eat the most high-fat foods you can get down until the third day. It takes about three days for your stored fat to circulate and become available for the body to use. On the fourth day, you start the 500-calorie diet and your new life.

Starting a new exercise routine is not recommended while on protocol. The reason for this is that exercise increases hunger and your body will want to restore what you lost during exercise instead of pulling from the reserves. Walking is great exercise, however, not necessary to be successful. Those of you who live very stressful lives (and that's most of us) will find gentle walking to be very beneficial on so many levels, especially if you find a serene and natural environment.

Massages:

Avoid massage therapy of ANY type while on protocol. The fat tissues are going through a very delicate process. Manipulation of this can cause bruising and affect your weight loss. It is very important to be easy with any excess skin folds as this may inhibit the body's natural process to tighten the skin as you lose weight.

You can add skin supplements like <u>MSM capsules or gel</u> during your protocol.

Length of Protocol:

You will continue on the 500-calorie or very low calorie diet (VLCD) for a minimum of 23 days up to a maximum of 40 days. The average loss in 23 days is 10-15 lbs. The average loss in 40 days is 20-25 lbs.

Getting Started Correctly:

Remember when we said we would help you change the way you think about food and dieting? Well, thinking happens in the brain and being informed on the "whats" and "whys" of this program is imperative to setting your course to winning the battle of the bulge once and for good!

First and foremost, read <u>Pounds and Inches</u> "cover-to-cover"! You will have the most success if you follow the original protocol. We do not think anyone should undertake something like this without first getting their homework done.

The best results will come from following the original protocol. If you need customization after you have started, we will work on individual adjustments. We have <u>Facebook</u> groups and expert admins who offer free support. This is invaluable during this protocol. Please be sure and get connected.

Keep in mind that men tend to lose an average of one pound per day and women usually lose about one-half pound per day. Many people lose more in the first week and then begin taper off, so do not be frustrated if you are not losing like you did in the beginning. It is normal and to be expected. Some women may not lose weight every day. It is common to go 2-3 days with no loss, then lose a couple pounds. This will average out to the half-pound per day expectation. Stalls are 100% completely normal and part of the process. Remind yourself it is called Pounds AND INCHES. The body has to catch up to the losses so do not expect the scale to move every single day. You will actually be thankful because it allows for some of that loose skin to tighten up. Trust the process and be patient. It will make your life much easier!

Keep Records

We suggest you keep good records of everything. Download the tracking sheets included and print them out so you can write everything down. You can also use a digital program like FitDay, My Fitness Pal, or Fat Secret, but you will need to make your calories custom using the Calorie Sheet. There is a column for notes, so if you can, refer back to items that may have played a role in your weight. Write down TOM (Time of Month), if you ate out, detox baths, the dose you are taking, and how often you are taking the drops. This will show a pattern to your weight loss and may help you in case of the dreaded plateau. Keeping a good journal is crucial to your success and is necessary to have when you reach out to the admins for help.



DON'T CHEAT!

It just takes away from your weight loss efforts and becomes a setback for you. If you are struggling, email for help or *join the support group* – there are so many others who are happy to support you. We can solve many issues by tweaking your dose, tweaking your menu, or adding supplements. You may not see the effects of cheating the next morning when you step on the scale, however, you *will* see it show up on the scale within the week – and some have reported it can take up to a week of no weight loss for just one cheat. The only person you are cheating is yourself from having a greater sense of confidence and self-worth that is a direct result of using the discipline of self-control.

It takes discipline and you can do it... Be in it to WIN! Use this time to defeat your unwanted impulses rather than subjecting yourself to a demoralizing defeat over a momentary pleasure. Your mindset is equally as important to your success on protocol. Developing and maintaining a positive mental attitude is truly your key to ending the cycle of yo-yo dieting once and for all!

Food Tips

Get as close to 500 calories as you can. Eating less does not mean that you will lose more; in fact, many report that when they eat less, they do not lose. You can eat as many vegetables as you like as long as you stay under the 500 calories.

It is okay to use a tomato as your veggie since in this diet it counts as a vegetable. Most find that whether they count it as a fruit or a vegetable will not alter their weight loss.

You do not need to eat your fruit with your meals, so you could have it as breakfast or it may be helpful to save it for when you are out of the house and may need an emergency snack. I recommend always carrying your allowed fruit with you or a boiled egg in case you get stuck out and need something. It can keep you from going off protocol.

Buy organic when possible. When Dr. Simeons created the diet in the 1950's this was not an issue, but now, we are faced with numerous diet setbacks due to non-organic foods. Avoid bagged salad greens because, although very convenient, they have been treated with starch, usually potato whitener, to keep them fresh.

Grissini

There is a lot of talk about whether or not to eat grissini or Melba toast. Be careful when purchasing store bought Melba toast. Many contain dextrose, which is a sugar. You can make your own using *this recipe*. We believe that it was in the original protocol for a reason and, therefore, should not be eliminated unless you have a gluten intolerance.

Sugar Substitutes

Use Stevia for sweetening. We strongly recommend NOT using Splenda or other chemical sugars. It seems contradictory to beginning a lifestyle change for improved health and wellness. You can *purchase stevia here.*

Hunger

Your dose may need to be adjusted. There is a safe dosage range and most will find their happy dose at midlevel, but some may need a higher dose. You will know when your dose is right as you will only be hungry around meal times. Cravings are not hunger so make sure you pay close attention to real hunger vs. cravings especially during the first week while the body detoxes from sugars and carbohydrates.

You may periodically struggle with hunger, however, most people do not. Some people experience hunger in the beginning, which is most likely a result of not properly loading or detoxing from sugar and carbohydrates. You can add in supplements to help with this. Cal-Mag is a great supplement for cravings. Make sure it does not contain any sugars or other non- protocol ingredients. Here is a link to a clean Cal-Mag supplement. Another supplement for sugar cravings is L-Glutamine.

If you feel hungry, try increasing your water or tea intake. Your body may confuse dehydration for hunger, so drinking liquids usually solves the issue. Don't forget to drink at least two liters daily or half your body weight in ounces. You are also allowed the juice of one whole lemon per day and squeezing the citrus into your drinking water is not only tasty but will help prevent dehydration. A little pinch of <u>Pink Himalayan Salt</u> is also helpful for maintaining your electrolyte (mineral) balance. You can add it to everything including your lemon water because it does not affect your sodium levels (water retention) like other salts.



Dry Skin

There are a few things you can do for dry skin. Using a loofa or scrubby sponge while in the bath or shower can help remove dead skin and prevent the look and feel of dryness.

<u>MSM Gel</u> is probably the HEALTHIEST moisturizer and is a lifesaver for dry skin (especially in dry climates) and it helps your skin tighten. This works well when applied right after a bath or shower. Another option is mineral oil like baby oil or baby lotion, which is made from petroleum. It says oil, but the molecules are too big to be absorbed and digested by your body, so it will not negatively affect protocol. Corn Huskers lotion is also protocol-compliant and can be found at Walmart. Na-PCA is a spray with Aloe Vera and is made from the natural moisturizing factor found in our skin. You can find Na-PCA spray at Whole Foods or you can Google it for online suppliers.

Make sure you check all of your cosmetics for fats and oils because there could be hidden surprises that could cause you to gain. Don't forget...skin is our biggest organ and topical and cosmetic products can affect your losses!

When in doubt, ask and get help to verify all your skin care items.

Detox Baths

Detox baths are a good way to start your hCG journey. It is recommended to cleanse and detox before loading. You can also do this throughout the protocol.

Pour one pound of Epsom Salt into a very warm bath with one pound of baking soda. Soak in tub of warm/hot water for at least 20 minutes. Do not shower until next day.

Epsom Salt "detoxes" your body by drawing out the toxins and replenishing nutrients that your body needs and it can make the skin feel nice and soft. Baking soda increases CO_2 levels in the blood, which dilates blood vessels and increases circulation, causing a "tired" feeling. It is sort of like a "chemical exercise". The magnesium and bicarbonate are getting flooded with minerals and nutrients. Magnesium is a natural mild sedative and is great inside and out for reducing muscle spasms and strains.

You may feel light-headed, dizzy, weak, and completely drained after a detox bath (which is a symptom of weak adrenals), so doing it around bedtime is a good idea. Take advantage of the relaxation to get a good night's sleep.

Taking fresh orange slice with a little sea salt and sucking on it during the bath can help help with feeling dizzy or light-headed. You can also add a handful of dead sea salts, which will add minerals and micronutrients that will feed and improve the skin.

Detox-Our Favorite Methods

Herbal Detox Tea

Herbal detox teas are a great choice if you want to naturally cleanse the body of impurities. These teas can be relaxing and can put a comforting end to any long day. Be sure to choose an herbal tea with the right ingredients, to help rid your body of toxins and poisons.

Detox teas generally perform their detoxing action by acting as both a diuretic and a laxative. This encourages the body to rid itself of waste products more rapidly. It is suggested you supplement your herbal tea with plenty of water to help flush the toxins out.

If you want a natural detox tea, look into the many varieties of herbal teas. They are typically caffeine-free, so it is safe to drink as much as you like. Be sure, however, to start off slowly to see how these teas will affect you before drinking them in large quantities.

Try some of our other favorite detox remedies including our favorite *HealthPro Detox*.



Meat & Fish:

Organic suggested when possible (at least natural, hormone-free and antibiotic-free meats)

Beef (grass-fed)

Veal

Chicken breast (boneless, skinless)

Sea bass

Flounder

Sole

Halibut

All Fresh White Fish

Lobster

Crab

Shrimp

Occasionally eggs can be used as a protein substitute or 100 grams of cottage cheese. The portion is one whole egg and three egg whites.

Vegetables (Organic suggested):

Spinach

Chard

Beet greens

Lettuces of any kind

Tomatoes

Celery

Fennel

White, yellow, or red onions

Red radishes

Cucumbers

Asparagus

Cabbage

Fruit (Organic suggested):

Apple medium

Grapefruit 1/2 large

Strawberries 10-12 large or 1.5 cups sliced

Orange 1 large or 2 cuties

Seasonings (Organic suggested):

Little Choices Matter Three Amigos

Little Choices Matter Sassy Vinaigrette

Little Choices Matter Heavenly Ranch

Little Choices Matter Signature Blend

Little Choices Matter Lemon 'N Pepper

Little Choices Matter Asian Gourmet

Lemon (juice of one daily)

P2 SHOPPING LIST



Lemon Zest - fresh only

White or Black Pepper

Sea salt (Himalayan preferred)

Garlic

Basil

Parsley

Thyme

Marjoram

Raw Organic Apple Cider Vinegar

Other herbs or organic herb - avoid added sugars in seasonings! Read your labels!

Beverages:

Tea, coffee, plain water, or mineral water are the only drinks allowed, but they may be taken in any quantity and at any time. Try different teas and adding variety.

Green tea (stimulates cell cleansing, increases metabolism, helps regulate hunger)

Wu Long tea, a green tea (melts away fat)

Yerba Mate tea (increases energy, reduces appetite, and stimulates releasing of fat cells)

Chamomile tea

Check all teas for added ingredients

Water

Milk (One Tbsp daily)

Lemon Delight - Lemon water, stevia and ice

Other:

Melba Toast (make sure it does not contain dextrose or other hidden sugars)

Grissini sticks

CALORIE SHEET

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With the fat removed, many online calorie counters may have inaccurate calories. This chart is a good one to add custom foods that you continue to eat when on phase 2

Fish (avg 98 calories)

Cod (3.5 oz) - 83 calories

Crab Meat (3.5 oz) - 100 calories

Flounder (3.5 oz) - 90 calories

Haddock (3.5 oz) - 88 calories

Halibut (3.5 oz) - 110 calories

Lobster (3.5 oz) - 98 calories

Red Snapper (3.5 oz) - 110 calories

Shrimp (3.5 oz) - 110 calories

Tilapia (3.5 oz) - 94 calories

Additional white fish are listed on the next page.

Very Lean Beef (avg 152 calories)

93/7 Lean Ground Beef (3.5 oz) - 150 calories

Cube Steak (3.5 oz) - 160 calories

Sirloin Tip Side Steaks (3.5 oz) - 130 calories

Top Round Steak (3.5 oz) - 166 calories

Tri-Tip Steak (3.5 oz) - 154 calories

Veal (avg 114 calories)

Veal, sirloin (3.5 oz) - 110 calories

Veal, loin chop (3.5 oz) - 117 calories

Chicken

Chicken Breast (3.5 oz) - 87 calories

Vegetables (avg 18.8 cal)

Asparagus (3.5 oz) - 20 calories

Asparagus (2" tip) - 1 calories

Asparagus (small spear) - 2 calories

Asparagus (medium spear) - 3 calories

Asparagus (large spear) - 4 calories

Celery (3.5 oz) - 15 cal

Celery (medium stalk) - 6 calories

Cabbage (3.5 oz) - 24 calories

Cabbage (1 cup shredded) - 17 calories

Cucumber (3.5 oz) - 12 calories

Cucumber (small) - 19 calories

Cucumber (medium) - 24 calories

Cucumber (large) - 34 calories

Cucumber (English long) - 60 calories

Lettuce, all varieties (3.5 oz) - 20 calories

Lettuce, all varieties (1 cup) - 8 calories

Lettuce, all varieties (small head) - 32 calories

Red Radishes (3.5 oz) - 12 calories

Red Radishes (one medium) - 1 calories

Spinach, raw (3.5 oz) - 20 calories

Spinach, raw (1 cup) - 7 calories

Spinach, frozen (3.5 oz) - 23 calories

Spinach, frozen (1 cup) - 41 calories

Spinach, cooked (3.5 oz) - 31 calories

Spinach, cooked (1 cup) - 48 calories

Tomato (3.5 oz) - 20 calories

Tomato (cherry) - 3 calories

Tomato (plumb) - 11 calories

Tomato (small) - 16 calories

Tomato (medium) - 22 calories

Tomato (large) - 33 calories

Onion (small) - 28 calories

Onion (medium) - 44 calories

Onion (large) - 60 calories

Fruit

Apple (small) - 55 calories

Apple (medium) - 72 calories

Apple (large) - 110 calories

Orange (navel) - 69 calories

Orange (Florida) - 65 calories

Orange (California) - 59 calories

Strawberries, 12 large – 72 calories

Strawberries, 20 medium - 80 calories

Strawberries sliced 1 Cup - 53 calories

Pink Grapefruit (California) - 92 calories

Pink Grapefruit (Florida) - 74 calories

Bread

Grissini Breadstick (3 g) - 12 calories

Melba Toast (3 gram) – 12 calories (check for hidden sugars like dextrose and do not use)

Melba Toast (5 gram) - 20 calories

WHITE FISH LIST



Ayr

Cat Fish

Cod

Coley

Dover Sole

Flounder

Flying Fish

Haddock

Hake

Halibut

Hoki

John Dory

Kalabasu

Lemon Sole

Ling

Monk Fish

Parrot Fish

Plaice

Pollack

Pomfret

Red & Grey Mullet

Red Fish

Red Snapper

Rock Salmon/Dogfish

Rohu

Sea Bass

Sea Bream

Shark

Skate

Swai

Tilapia Turbot

Whiting

CHART YOUR SUCCESS



As soon as you wake up, empty your bladder, weigh naked, and record your weight. Do this every morning and do not weigh yourself at any other time of day. The following page is a daily hCG journal. Print enough copies of the Daily Journal for each day of your round, to stay on protocol.

Take Your Measurements

| Height: | Starting Weight: | | Starting BMI: | |
|---------------------------------------|------------------|--------|---------------|--------|
| Date | Starting Point | Week 2 | Week 4 | Week 6 |
| Waist | | | | |
| Hips | | | | |
| Thigh - R | | | | |
| Thigh - L | | | | |
| Calves - R | | | | |
| Calves - L | | | | |
| Chest | | | | |
| Upper Arm - R | | | | |
| Upper Arm - L | | | | |
| Ankle - R | | | | |
| Ankle - L | | | | |
| Neck | | | | |
| Last Dosage Weight (LDW): BMI at LDW: | | | | |
| Total Lost | Weight: | | Inches: | |



| Date: | |
|-------|--|
| | |

As soon as you wake up, empty your bladder, weigh naked, and record your weight. Do this every morning and do not weigh yourself at any other time of day. The following page is a daily hCG journal. Print enough copies of the Daily Journal for each day of your round, to stay on protocol.

| Weight upon arising: pounds | |
|--|-----------------|
| 1/2 Dropper 3-4 times daily: □ 1st □ 2nd □ 3rd □ 4th Dose | |
| Last night I slept hours. | |
| Amount of water I drank today: ☐ 1 Gallon ☐ 2 Quarts ☐Other: | |
| Teas I drank today: ☐ Yerba Mate ☐ Oolong ☐ Detox Other: | |
| Foods I ate today: | |
| BREAKFAST | |
| Fruit (one): \square Apple \square Orange \square Grapefruit \square Strawberries \square Other: | |
| LUNCH | |
| Protein: | _100 grams only |
| Vegetable: | 1 serving only |
| Fruit (one): 🗆 Apple 🗀 Orange 🗀 Grapefruit 🗀 Strawberries 🗀 Other: | |
| Bread (one): □ 1 Melba Toast or □ 1 Grissini Stick | |
| DINNER: | |
| Protein: | _100 grams only |
| Vegetable: | 1 serving only |
| Fruit (one): 🗆 Apple 🗀 Orange 🗀 Grapefruit 🗀 Strawberries 🗀 Other: | |
| Bread (one): 🗆 1 Melba Toast 🗀 1 Grissini Stick | |
| Supplements: B12 Cal-Mag(#) Other: | |
| Skin care products used: | |
| How I felt: | |
| | |
| | |
| | |



Cinnamon Apples

1 medium apple, cut into bite-size pieces

1/3 C water

1/4 tsp each: cinnamon, nutmeg, cloves (or Apple Pie Spice)

Powdered stevia

Place apple in a shallow dish. Add water then sprinkle with seasonings and stevia. Bake at 350° for 45 mins.

1 Fruit • Calories: 72

Chicken Soup

100g chicken breast, cubed

11/2 C chopped celery

2 C low sodium chicken broth

1 Tbsp onion, chopped (or onion flakes)

2 garlic cloves, crushed

1 bay leaf

1/2 tsp Little Choices Matter Signature Blend

(or poultry seasoning)

Himalayan Pink Salt to taste

Pepper to taste

Mix all ingredients together and bring to a soft boil.

Simmer and cook for 20 minutes or until chicken is cooked throughout.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 vegetable • Calories: 150



Afternoon Snack:

1 large orange (Calories: 69)

Curried White Fish

100g white fish

2 Tbsp liquid aminos

Juice of 1/2 lemon

1/8 tsp curry powder, or to taste

1/8 tsp fresh minced garlic

1/8 tsp onion powder

1/8 tsp Little Choices Matter Signature Blend

Himalayan Pink Salt & pepper to taste, if desired

Mix liquid aminos with the remaining ingredients. Let the meat marinate for 10 minutes, turning fish so all sides are marinated. Place fillet on the one side of foil sheet. Place onions on top of the fish. Fold the edges of the foil around the fish neatly, and then pour remaining mixture on fish and press edges together to seal. Grill for 10-12 minutes over a medium flame, or until the fish is white and firm.

Unwrap the foil packet, remove fish and serve.

Radish Hash Browns

20 whole radishes, shredded

1 Tbsp Coconut Oil

1 garlic clove

1 tsp Little Choices Matter Signature Blend

Heat coconut oil on low to medium heat. Add radishes and seasonings. Cook radishes, stirring often, until-golden brown.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 vegetable • Calories: 138



Carne Asada with Stir Fried Cabbage

100g lean steak (flank or regular) cut into strips

1/2 lemon, juiced

1/2 lime, juiced

1 tsp liquid aminos

1/8 tsp fresh garlic

1/8 tsp onion powder

Pinch of chili powder

1/4 tsp of Little Choices Matter Three Amigos Mexican Blend (or 1/8 tsp cumin and 1/8 tsp chili powder dash of onion flakes)

2 C cabbage, chopped

Combine ingredients except for the cabbage and let marinate in refrigerator for 1 hour. After 1 hour, heat skillet to a low to medium heat and add enough MCT oil to coat the base of the pan. Remove the steak strips from the marinade and place them into the skillet and fry until cooked, stirring occasionally. Transfer the steak strips from the skillet to your plate. Place chopped cabbage in the skillet with the remaining marinade liquid and stir fry to desired texture. Add the cabbage to your plate and serve.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 154

Afternoon Snack:

1 medium apple (Calories: 80)

Pan Cooked Garlic Shrimp

100g shrimp, vein and peeling removed 5 garlic cloves, minced 2 Tbsp chicken broth 1/4 tsp Little Choices Matter Signature Blend, Dash of pepper and Himalayan Pink Salt, to taste Heat a nonstick pan over medium-high heat. Mix chicken broth with seasonings and add to pan. Cook for less than one minute, being sure not to burn the garlic Add shrimp and cook for three more minutes. Don't overcook.



Cucumber Tomato Salad

2 medium tomatoes, sliced and quartered 1 large cucumber, peeled and sliced 4 green onions, chopped 1 pkg stevia 1 tsp Himalayan Pink Salt 1/4 tsp pepper 1/3 C apple cider vinegar

1 C water

In a bowl, combine the tomatoes, cucumber, and onions. In a small bowl, combine the stevia, salt, and pepper. Whisk in the vinegar and water. Pour over vegetables and toss to coat. Cover and refrigerate for 4 hours or overnight.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 198



Chicken Taco Salad

100g Chicken

Juice of half of a lemon

Little Choices Matter Three Amigos Mexican Blend (or chili powder & paprika)

2 garlic cloves, minced

1/4 tsp Himalayan Pink Salt

1/4 tsp onion powder

2 Tbsp onion, minced

2C dark green leafy lettuce

Cut up chicken into tiny bite-size pieces then fry them in the pan along with the lemon and seasonings. Fry until completely cooked. Prepare lettuce and add the chicken to the lettuce, either warm or cooled. Use the rest of the lemon on top for extra flavor, if desired. May top with small amount of salsa if desired.

*Add one Melba Toast or grissini with your meal (great when broken up and tossed on salad).

1 Protein / 1 Vegetable • Calories: 134

Afternoon Snack:

10-12 strawberries or 1-1/2 C sliced

Hot & Sour Soup

100g lean ground beef

1 tsp fresh grated ginger

1/4 tsp crushed chilies (or pepper flakes)

1/8 C Bragg's liquid aminos

1/2 tsp rice vinegar

2 C chopped cabbage

3 C tomatoes, diced

1/2 C sliced green onions (tops and bottoms)

2 garlic cloves, minced

1/2 - 1 tsp Little Choices Matter Asian Gourmet Seasoning

1 tsp lime juice

1C water

Brown the ground beef. Add the rest of the ingredients and simmer for 10 to 15 min. Makes 2 very large servings. 200 calories per serving If you're not mixing veggies, omit the onion and substitute onion powder. *Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 337

Spicy Apple Cider

8-10 oz hot water 1 Tbsp of apple cider vinegar 8-10 drops of liquid stevia 1/4 tsp ground cinnamon (or apple pie spice) Blend and enjoy.



Morning Snack:

1/2 large grapefruit (Calories: 80)

Italian Soup

100g chicken, boneless, skinless, cut into bite size pieces OR 100g lean ground beef

2 C chopped celery (with or without leaves)

1-1/4 C organic chicken broth (low sodium)

1 Tbsp oregano

2 tsp basil

2 Tbsp onion, diced

Juice of 1/2 organic lemon

2 C tomato, diced

1 garlic clove, minced

If choosing ground beef, place in fry pan and brown, breaking up as you cook. Put all ingredients into a saucepan and cook on low for 1 hour or more (or a crock pot).

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 244

White fish with Herbs

100g of white fish

2 Tbsp lemon juice

1 garlic clove, crushed and minced

1 Tbsp onion, diced

1/4 tsp Little Choices Matter Sassy Vinaigrette Seasoning

Sprinkle of Himalayan Pink Salt and black pepper, to taste

Other spices, if desired: dash of dill, parsley, oregano, thyme, or tarragon

Sauté fish in lemon juice with a little water then add onion, garlic, and fresh herbs. Garnish with chopped parsley. Bake in baking dish with a little water at 350° for 20 minutes until fish is tender and delicious.

Grilled Asparagus with Rosemary Lemon Sauce

12 asparagus, ends snapped off Juice of 1/2 lemon with rind

1 Tbsp Bragg's liquid aminos

1 garlic clove, crushed and minced

1/4 tsp rosemary

1/8 tsp garlic powder

1/8 tsp onion powder

Himalayan Pink Salt and pepper to taste

Marinate asparagus in lemon, garlic, Himalayan Pink Salt, cayenne pepper, and aminos. Steam or grill asparagus spears to your liking. In a small saucepan, place remaining lemon marinade along with lemon rind, 1/2 C water, and spices. Cook until pulp starts to come out. You may add a

little stevia if you wish for added sweetness. Reduce liquid

by half. Remove lemon rind and pour over grilled asparagus. Garnish with lemon wedges and Himalayan Pink Salt and pepper to taste.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 155





Spinach Chili

100g lean ground beef 2 Tbsp onion, chopped 1/2 tsp chili powder 1-1/2 tsp Little Choices Matter Three Amigos Blend 1/8 tsp cumin 1 C chopped tomato Dash of Himalayan Pink Salt and pepper 1/2 C water

3-4 C raw spinach

Heat a medium-sized pan to medium-high heat. Add beef and onion and cook until beef is cooked. Add remaining ingredients except spinach to the pan and bring to a boil. Turn heat down to low, cover and let simmer for ten minutes. Add spinach and let cook for 10 minutes more to cook spinach and allow flavors to combine.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 313

Afternoon Snack:

10-12 strawberries or 1-1/2 C sliced

Asian Grilled Chicken

100g of chicken, boneless, skinless 1 tsp Little Choices Matter Asian Gourmet Himalayan Pink Salt & Pepper to taste Sprinkle chicken with seasonings and grill until done.

Bok Choy Stir Fry

1 Tbsp coconut oil
1/8 C chicken broth or water
2 garlic cloves, minced
Pinch of freshly grated ginger
2-1/2 C bok choy
2 tsp Little Choices Matter Asian Gourmet Seasonings
1-1/2 tsp Bragg's liquid aminos

3 green onions, chopped

Place coconut oil in skillet and heat to a medium heat. Add garlic and fry for 3 minutes, stirring occasionally. Trim bok choy so the white sections are bite sized pieces. Add to the skillet along with remaining seasonings and cook for about 5 minutes, or until slightly cooked yet crunchy. Bok choy is meant to be tender crisp. Add green onions and greens of the bok choy and cook until the leaves are somewhat soft. Serve immediately.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 155



10-12 strawberries or 1-1/2 C sliced

Apple & Chicken Spinach Salad

100g Chicken

1-1/2 Tbsp apple cider vinegar

1-1/2 Tbsp MCT oil

1 tsp lemon juice

1/2 tsp Little Choices Matter Sassy Vinaigrette Seasoning

1/4 tsp salt

1/4 tsp pepper

8 drops liquid stevia

1 large apple, unpeeled and diced

1/4-1/3 C chopped sweet onion

2 C fresh spinach, torn or chopped

Cut up chicken into bite size pieces and boil for a few minutes or until cooked. Set aside to cool. In a small bowl, combine vinegar, MCT oil, seasonings and stevia; mix well. Add apple and onion then toss lightly to coat. Cover and let stand for 10 minutes. Serve over spinach and mix well to coat leaves.

Note: This recipe works great for a sack lunch or if you are on the go. Place spinach and chicken/apple mixture in separate Ziploc bags. Mix before serving, sprinkle on more Little Choices Matter Sassy Vinaigrette Seasoning, if desired.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 245

White fish and Asparagus

100g white fish

2 lemon slices

Squeeze of lemon juice

Oregano

Little Choices Matter Lemon 'N Pepper Seasoning Little Choices Matter Signature Blend Seasoning Garlic powder

12 spears fresh asparagus

1/2 tsp Little Choices Matter Heavenly Ranch Seasoning Preheat the oven to 400°. Snap off woody ends of asparagus and discard. Tear off a large sheet of non-stick aluminum foil. In the center the foil, place asparagus spears and sprinkle with Little Choices Matter Heavenly Ranch Seasoning. Place white fish on top of asparagus. Sprinkle with remaining seasonings and top with a little squeeze of lemon juice. Fold up edges of foil and completely seal packet on all sides. Bake 10-20

minutes, until fish flakes. Serve.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 155





1 large orange or 1/2 grapefruit

Chicken Taco Salad

100g chicken, boneless, skinless

Juice of a lemon

Spices:

1 Tbsp Little Choices Matter Mexican Blend (or chili powder & paprika)

2 garlic cloves, minced

1/4 tsp Himalayan Pink Salt

1/4 tsp onion powder

2 Tbsp onion, minced

2 C dark green leafy lettuce

3 C tomatoes, chopped

Cut up chicken into tiny bite-size pieces, fry them in the pan along with the lemon and seasonings. Fry until completely cooked. Prepare lettuce and add the chicken to the lettuce, either warm or cooled. Use the rest of the lemon on top for extra flavor, if desired.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 200

Shrimp Cocktail

100g raw shrimp (approximately 10-12 medium shrimp steamed)

Cocktail sauce:

3 oz. tomato paste (low sodium, no added sugars) or 1/4C tomatoes, chopped very fine

2 Tbsp fresh lemon juice

1 Tbsp apple cider vinegar

1 tsp hot sauce

1/4 tsp Little Choices Matter Sassy Vinaigrette Seasoning

1/8 tsp of horseradish (or to taste)

Dash of mustard powder

8-10 drops Stevia, or to taste

Himalayan Pink Salt and pepper to taste

Water as needed for desired consistency

Mix tomato paste, vinegar, horseradish, lemon juice, and spices together and allow spices to marinate. Add addi-

tional water as needed. Chill and enjoy.



Fried Radish

20 whole radishes, shredded

1 Tbsp coconut Oil

1 garlic clove

1 tsp Little Choices Matter Signature Blend

Heat oil in fry pan on medium heat. Add onion and garlic and cook until onion is transparent. Add radishes and spices and cook until nicely brown or to your liking.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 205



10-12 strawberries or 1-1/2 C sliced

Crunchy Sweet Apple Chicken Salad

100g chicken, cooked and diced

1 apple, diced

3 stalks celery, diced

2 Tbsp sweet onion, chopped

Juice from 1/2 lemon

1/8 tsp cinnamon

Sprinkle of these spices as desired: Nutmeg, cardamom, curry, Himalayan Pink Salt & pepper

8 drops Stevia, or to taste

Mix ingredients together, then sprinkle with stevia and cinnamon. Chill for 20 minutes. Serve with a wedge of lemon and enjoy.

Note: This makes an excellent meal to carry to work or when you are traveling

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 180

Stir Fry Steak and Asparagus

100g lean steak

1 Tbsp MCT oil

1 Tbsp onion, chopped fine

1 garlic clove, minced

Marinate with the following:

2 Tbsp Bragg's liquid aminos

1/4 tsp onion powder

1/4 tsp garlic powder

1/2 tsp Little Choices Matter Signature Blend Seasoning

Himalayan Pink Salt/pepper to taste

Asparagus

10 stalks of asparagus

1/8 C of water

Slice the steak into thin strips and place in a Ziploc bag and mix in the seasonings. Stir well, working the seasonings into the meat. Marinate for 1-2 hours. Heat the oil in a wok/skillet. When hot, add the fresh garlic and chopped onion until fragrant. Add the beef, with the marinade, and stir fry (over very high heat) for about a minute or just until the meat is no longer pink. Remove the meat with a slotted spoon and transfer to a plate. Keep warm. Wash the asparagus and snap off ends and cut into pieces. In the remaining oil and seasoning, add asparagus stalks. Add water and simmer for about 2-3 minutes. Add the upper halves of the asparagus and stir. cook, uncovered, for another minute. Return the beef to the wok and stir with the vegetables. Cook just until the beef is reheated.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 306



Cream of Celery & Chicken Soup

100g cooked chicken, cooked and cut into bite-sized pieces

2 C finely sliced celery and leaves

1/4 C chopped green onion

1 can low sodium chicken broth

1 C water

1 garlic, minced

1 Tbsp Bragg's liquid aminos

1/2 tsp Little Choices Matter Signature Blend

1/4 tsp onion powder

1/2 tsp fresh parsley

Pepper to taste

Mix broth and water in a pan on medium heat. Place celery, garlic and onion in the liquid and add aminos and spices. Cook until vegetables are tender. Smash with a potato masher or blend in blender to make smooth. Add chicken, and additional spices, if desired. Sprinkle with fresh parsley.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 160

Mock Tacos

100g of lean ground beef

1 Tbsp minced onion

1 clove garlic, crushed or minced

1/4 C water

1/2 tsp Little Choices Matter Three Amigos Blend

Dash of garlic powder

Dash of onion powder

Cayenne pepper or chili powder for hotter taste

3 C tomatoes, chopped

Lettuce or cabbage leaves

Brown beef in a skillet. Add onion, garlic, water, and seasonings and simmer for 5-10 minutes. Serve taco style in lettuce or cabbage leaves and top with tomatoes. Alternatively, serve atop a bed of lettuce or cabbage and tomatoes. Top salad with pieces of Melba Toast or grissini.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 292



Caramel Apple Pie

1 medium apple

1 Tbsp lemon juice

1 Tbsp water

1 tsp apple cider vinegar

1 pkg powdered stevia or 8-10 drops of liquid stevia

1 tsp ground cinnamon

Pinch of nutmeg

1 Tbsp water

English toffee stevia to taste

Slice apple into very thin slices. Arrange in layers in a round, 3-inch crème brulee dish. Sprinkle each layer generously with cinnamon, nutmeg, and powdered stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar, and water over the apple slices. Drizzle with English toffee stevia, if desired. Bake at 375° for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Serve warm.

Calories: 80



1 medium apple, large orange, or 1/2 a grapefruit

Red & White Fish

12 spears asparagus

100g white fish
Little Choices Matter Lemon 'N Pepper Seasoning
1 Tbsp MCT oil
2 Tbsp minced shallots or onions
1 garlic clove, minced
3 C tomato, chopped
1/4 C chopped parsley
Salt and pepper to taste
Juice of 1/4 lemon

Sprinkle both sides of fish with seasoning. Cook on grill or George Foreman grill. While fish is cooking, heat a small frying pan on low to medium heat and add onions. Cook until transparent. Add garlic and sauté for 2 more minutes. Add tomatoes and sauté until tomatoes break down slightly. Reduce heat to low. Add lemon juice and parsley. Remove fish from grill and transfer to a plate. Top with tomato mixture covering fish. Let sit for a minute or two to allow the flavors to combine. Steam asparagus and season as desired. Add one Melba Toast or grissini with your meal.

1 Protein / 1 Fruit • Calories: 190

Chicken Kebabs

100g chicken, boneless, skinless Marinade 1/2 Tbsp Little Choices Matter Heavenly Ranch 1-1/2 Tbsp water 2 tsp MCT oil (or water)

1-1/2 Tbsp apple cider vinegar

1/2 tsp Bragg's liquid aminos

3-4 drops liquid stevia

Mix marinade together in a Ziploc bag and add chicken. Slice chicken into strips wide enough to put on a kebab stick. Marinate for 2-3 hours, depending on how much flavor you like. Heat grill, place kebabs on grill until chicken is fully cooked through.

Roasted Cabbage with Lemon

1/2 head green cabbage

2 Tbsp MCT oil

1/4 C chicken broth

Juice from half a lemon

1/2 Tbsp Bragg's liquid aminos (optional)

1/2 tsp Little Choices Matter Lemon 'N Pepper Seasoning

1/2 tsp Little Choices Matter Signature Blend Seasoning

1/2 tsp garlic powder

1/2 tsp onion powder

Coat a roasting pan with a bit of coconut oil, or spray with MCT oil in a Little Choices Matter <u>oil sprayer</u>. Cut the cabbage into 4 same-size wedges, cutting through the core and stem end. Then carefully trim the core strip and stem from each wedge and arrange wedges in a single layer on the roasting pan (leave some space around them as much as you can.) Whisk together the MCT oil, aminos, chicken broth, and lemon juice. Then use a pastry brush to brush the top sides of each cabbage wedge with the mixture then sprinkle with other seasonings over cabbage. Turn cabbage wedges carefully, then repeat seasonings. Roast cabbage at 450° for 15 minutes then turn each wedge carefully and roast 10-15 minutes more, until the cabbage is nicely browned and cooked through with a bit of chewiness remaining.

Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 226



1/2 a grapefruit, sprinkled with cinnamon

Italian Soup

100g ground veal

2 C chopped celery (with or without leaves)

1-1/4 C organic chicken broth (low sodium)

1 Tbsp oregano

2 tsp basil

2 Tbsp onion, diced

Juice of 1/2 an organic lemon

1 C tomato, diced

1 garlic clove, minced

Place veal in fry pan and cook until brown, breaking up as you cook. Put veal and remaining ingredients into a saucepan and cook on low for 1 hour or more.

Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 210

Strawberry Smoothie

10-12 frozen strawberries

2 C raw spinach

1/2 tsp vanilla or 2 drops pure peppermint extract (optional)

8-10 drops liquid stevia Can also use flavored stevia

1 Tbsp milk

Blend and enjoy!

Calories: 32

Simple Halibut

100g halibut

Little Choices Matter Lemon 'N Pepper Seasoning

1 Tbsp coconut oil

Heat oil in a skillet over medium heat. Sprinkle halibut with seasoning. Place in oil and cook until fish flakes.

Lemon Garlic Chard

2 C chard, chopped

1 Tbsp onion, minced

2 garlic cloves, minced

1 Tbsp coconut oil (or MCT)

1 tsp Little Choices Matter Lemon 'N Pepper Seasoning

1 Tbsp water

Put oil in nonstick pan and sauté onion until translucent. Add garlic and cook until tender, stirring occasionally. Add water and chard then cook for about 5 minutes, tossing occasionally. Drain off any excess juice and serve. Can add freshly squeezed lemon juice and Himalayan Pink Salt and pepper, if desired. Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 200



1 medium apple, large orange, or 1/2 a grapefruit

Indian Burgers

100g lean ground beef 1 Tbsp minced white onion 1 garlic clove, minced 1/4 C of water 1-2 Tbsp sweet curry powder 1 tsp cilantro

1 grissini breadstick or Melba Toast, crushed

1 tsp MCT Oil

In a small bowl, cover the minced onion and minced garlic with water for 5 minutes. Drain off any excess liquid and combine the onions and garlic with the ground beef, curry, cilantro, grissini/Melba and MCT oil. Mix well and form into patty. Grill or broil to your liking.



Radish Chips

20 whole radishes 1 tsp chili powder 1/2 tsp garlic salt 1/2 tsp paprika

Slice radishes as thin as possible. Place a small amount of water in a fry pan and boil the radishes until they are just starting to get soft. Remove from pan, drain and place in a small bowl. Sprinkle the seasonings over radishes until coated. Bake at 350° for 10 minutes, flip the chips, and bake for another 10 minutes.

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 261

Asian Chicken & Spinach Salad

100g of chicken
1/2 Tbsp MCT oil
1 Tbsp onion, chopped (I liked red onion)
1/2 garlic clove, minced (or 1/4 - 1/2 tsp garlic powder)
1 tsp Little Choices Matter Asian Gourmet
2 C spinach, chopped
1 tomato, chopped

Asian Dressing:

1 Tbsp MCT oil

1 tsp Bragg's liquid aminos or (wheat free) Tamari sauce

1 Tbsp rice vinegar

1/2 Tbsp water

1/2 tsp Little Choices Matter Asian Gourmet Seasoning

4-5 drops liquid stevia

In a fry pan, heat MCT oil and add chicken and cook until done. Stir in garlic, Little Choices Matter Asian Gourmet Seasoning, and ginger then fry for one minute more, stirring often. Remove from stove and allow to cool. On a plate, place chopped spinach, onion, and tomato. Add chicken and dressing and serve. Mix dressing and serve over salad. If desired, sprinkle with additional Little Choices Matter Asian Gourmet Seasoning

1 Protein / 1 Vegetable / 1 Fruit • Calories: 162



1 medium apple, large orange, or 1/2 a grapefruit

Chicken Caesar Salad

100g boneless, skinless chicken breast,grilled and chopped 2 C romaine lettuce, torn or chopped 1 grissini breadstick, broken into little chunks Dressing:

1 Tbsp milk

1/2 Tbsp MCT oil

Dash of Himalayan Pink Salt and pepper

1 tsp Little Choices Matter Heavenly Ranch

1/2 Tbsp Apple cider vinegar

1 packet or 3-4 drops of Stevia

1 tsp lemon juice

Grill chicken breast and prepare to serve on salad either hot or cold. Combine all of the dressing ingredients in a bowl, mix together and set aside. Chop up salad and spread on plate. Top with chicken and blend in dressing. Top with grissini and serve.

1 Protein / 1 Vegetable • Calories: 156

Grilled Skirt Steak/Flank Steak

100g skirt steak Garlic powder Onion powder

Little Choices Matter Signature Blend

Himalayan Pink Salt & pepper to taste

Dry the meat very well before grilling (to get a nice brown crust) and sprinkle seasonings of choice. Because the steak is relatively thin, you'll need to cook it uncovered and over very high heat. A couple of minutes per side should be sufficient for medium rare.

Roasted Asparagus

8-10 stalks asparagus spears 1/2 red onion, thinly sliced 1 Tbsp MCT oil 1 garlic clove, minced Himalayan Pink Salt and pepper to taste

Juice of one lemon

1 tsp Little Choices Matter Heavenly Ranch

Preheat oven to 500° Snap off tough ends of asparagus. Place asparagus on a foil-lined baking sheet. Drizzle with MCT oil, then add garlic and spices. Toss gently. Add red onions on top for a bit more flavor and squeeze desired amount of lemon juice. Bake for 8-12 minutes or until roasted (larger stalks take longer). *Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 270



1 medium apple, large orange, or 1/2 a grapefruit

Ranch Burger

100g veal

1/4 tsp onion flakes

Dash of Himalayan Pink Salt and pepper

1 grissini or Melba Toast, crushed fine

1 tomato, sliced

1/4 tsp Little Choices Matter Heavenly Ranch

Combine the beef, onion flakes, Himalayan Pink Salt, and pepper and form into a hamburger patty. Grill the hamburger to your liking and top it with slices of tomato.

Lemon Ginger Asparagus:

10 spears asparagus

1/2 Tbsp MCT or coconut oil

2-3 garlic cloves, minced

1/2 Tbsp fresh minced ginger root

Lemon zest

Black pepper to taste

In a medium frypan, heat oil over medium heat. Add garlic and cook for 2-3 minutes, stirring often. Snap asparagus spears into pieces, and add to the pan along with seasonings. Sauté until asparagus is cooked to your liking. Remove asparagus and top with lemon rind.

1 Protein / 1 Vegetable • Calories: 176

White Fish & Celery Bites

100g white fish, cooked

1 Tbsp Bragg's liquid aminos

1-2 celery stalks

1/4 tsp Little Choices Matter Signature Blend

1/4 tsp onion flakes

Combine the fish, liquid aminos, and onion flakes and set aside. Cut the celery stalks into pieces that are about one to two inches long. Fill the crevices of the celery pieces with the fish mixture and let them chill in the refrigerator for a few minutes before eating

*Add one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 173

Caramel Apple Pie

1 medium apple

1 Tbsp lemon juice

1 Tbsp water

1 tsp apple cider vinegar

1 packet powdered stevia

1 tsp ground cinnamon

Pinch of nutmeg

1 Tbsp water

English toffee stevia to taste

Slice apple into very thin slices. Arrange in layers in a round, 3-inch Crème Brulee dish. For each layer, sprinkle generously with cinnamon, nutmeg, powdered stevia, and English toffee stevia. Continue layering with spices until dish is full. Sprinkle lemon juice, apple cider vinegar, and water over the apple slices. Bake at 375° for approximately 20-25 minutes or until apples are cooked and top is slightly crispy. Drizzle with additional English toffee stevia, if desired. Serve warm.

Calories: 80



1 medium apple, large orange, or 1/2 a grapefruit

Shrimp Jambalaya

100g shrimp (chicken, beef, or chicken sausage can be used)

1 C celery, chopped

1 C vegetable broth or water

1 Tbsp lemon juice

1 Tbsp chopped onion

1 clove garlic, minced

3 C diced tomatoes

Dash of hot sauce

Dash of Little Choices Matter Signature Blend

Dash of liquid smoke (optional)

Pinch of cayenne to taste

1/8 tsp garlic powder

1/8 tsp onion powder

Pinch of thyme

Himalayan Pink Salt and pepper

Water as needed

Lightly sauté shrimp or chicken with celery, tomatoes, garlic, and onion in lemon juice until cooked or lightly browned. Deglaze the pan with broth and add seasonings. Simmer on low for approximately 20-30 minutes until liquid is slightly reduced. Add additional broth or water to achieve desired consistency.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 144

Mexican Chicken Chili

100g of cooked chicken breast, diced

3/4 tsp chili powder

1 tsp Little Choices Matter Three Amigos Blend

2 Tbsp chopped onion

3 C diced tomato

Dash of Himalayan Pink Salt and pepper

1/2 C water

Heat a medium-sized pan to medium-high heat. Add all of the ingredients to the pan and bring to a boil.

Turn heat down to low, cover, and let simmer for ten minutes.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 156

Strawberry Slushy

5-7 strawberries

5-10 drops vanilla Stevia

Crushed ice

Water

Blend together to make a slushy.

1/2 fruit serving



1 medium apple, large orange, or 1/2 a grapefruit

Shrimp Curry

100g shrimp

1/4 C onion, chopped

1 Tbsp MCT or coconut oil

1 tsp garlic paste (or 3-4 cloves minced)

1/8 C water

1/4 tsp Little Choices Matter Three Amigos Blend

1/2 tsp curry powder

1/4 tsp cumin

Himalayan Pink Salt/black pepper (to taste)

2 C chopped spinach

Preheat pan over medium heat. Add oil and onion then cook for about 5-10 minutes or until onion is translucent. Add garlic and cook for 3 more minutes, stirring often. Add shrimp, seasonings, and water. Mix & stir fry until cooked through.

*Add a Melba toast or grissini breadstick on the side.

1 Protein / 1 Vegetable • Calories: 146

Chicken Asparagus Bake

100g chicken, cubed

2 Tbsp Bragg's liquid aminos

12 asparagus spears, chopped

2 Tbsp MCT oil or 1/2C chicken broth or water

1 Melba toast, crushed (optional)

1 clove garlic, crushed or minced

2 Tbsp onion chopped

Dash of Little Choices Matter Heavenly Ranch

Dash of onion powder

Dash of paprika

Himalayan Pink Salt and pepper to taste

Place chicken in Ziploc bag or sealable container and add liquid aminos and garlic, if desired. Marinate in the refrigerator for about an hour. Add chicken to asparagus, liquids, and spices and pour into small baking dish. Bake at 375° for 30 minutes or until bubbly and hot. Top with crushed Melba toast crumbs and sprinkle with paprika.

*Add one Melba Toast or grissini with your meal (if not used in recipe).

1 Protein / 1 Vegetable • Calories: 127



1 apple, cut into bite-size pieces

1/2 tsp cinnamon

2-5 drops liquid stevia or dash of powder stevia

Place apple in a microwave safe bowl. Sprinkle with a little water, cinnamon, and stevia. Microwave for 2-3 minutes, depending on how soft or crunchy you like your apples. Also works in a shallow dish in the oven.

Calories: 80 medium, 116 large





1 medium apple, large orange, or 1/2 a grapefruit

Beef Chili

100g lean ground beef

1 Tbsp onion, minced

2 cloves garlic crushed and minced

1/4 tsp chili powder (can increase or add cayenne pepper if you like it hotter)

1 tsp Little Choices Matter Three Amigos Blend

1/4 tsp Himalayan Pink Salt

1/4 tsp pepper

1/4 tsp oregano

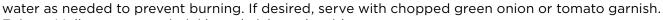
3 C chopped tomatoes

1/2 C water

Pinch of garlic powder

Pinch of onion powder

Brown ground beef in small sauce pan, add onions and garlic. Stir in tomatoes and water. Add spices and simmer slowly until liquid is reduced. The longer it cooks, the more tender and flavorful it will become. Add a little



Enjoy a Melba toast or grissini breadstick on the side.

1 Protein / 1 Vegetable • Calories: 170



100g ground veal (or lean hamburger)

1 Tbsp onion, chopped

2 C green cabbage, chopped

1/2 C beef broth

1 tsp Little Choices Matter Signature Blend

1/4 tsp paprika

In a large skillet, cook onion and veal until done. Add remaining ingredients and cook until cabbage is done, but not mushy. Serve.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 144

Cinnamon Apples

1 apple, cut into bite-sized pieces

1/2 tsp cinnamon

2-5 drops liquid stevia or dash of powder stevia

Place apple in a microwave safe bowl. Sprinkle with a little water, cinnamon, and stevia. Microwave for 2-3 minutes, depending on how soft or crunchy you like your apples. Also works in a shallow dish in the oven.

Calories: 80 medium, 116 large





1 medium apple, large orange, or 1/2 a grapefruit

Orange Ginger Chicken

100g chicken, cut into bite-size pieces 1/2 Tbsp MCT oil Black pepper to taste 1 medium orange 1/2 tsp basil Juice from 1/2 lemon

1 Tbsp fresh ginger root, peeled and minced

2-3 cloves garlic, minced

Heat MCT oil in a fry pan over medium heat and add chicken pieces. Sprinkle chicken with pepper and stir fry until brown on all sides. Add garlic and cook for 1 minute longer. Peel and separate orange into sections and add to chicken along with remaining seasonings.

Cover and simmer for 20-30 minutes

Easy Sautéed Greens

1 Tbsp coconut oil

1-2 Tbsp onion, chopped

1 garlic clove

1/4-1/2 freshly grated ginger

4 C (loosely packed) spinach

1 Tbsp Bragg's liquid aminos

1/2 - 1 tsp Little Choices Matter Asian Gourmet Seasoning

Heat oil in a fry pan on a medium to low stove top. Add garlic and ginger and sauté for 1-2 minutes, stirring frequently. Add spinach and cook until leaves soften, about 2 minutes. Add liquid aminos and Little Choices Matter Asian Gourmet and toss to combine. Serve.

Enjoy a Melba toast or grissini breadstick on the side.

1 Protein / 1 Vegetable • Calories: 169

Taco Salad

100g lean ground beef

2 C chopped romaine lettuce

1/4 tsp chili seasoning or Little Choices Matter Three Amigos Blend

1 tomato, diced

1/2 tsp garlic powder

Sauté ground beef and spices. Sprinkle on top of lettuce and top with crumbled Melba toast, if desired.

1 Protein / 1 Vegetable • Calories: 136

Strawberry & Orange Delight

3 strawberries 1 medium orange 2-4 drops vanilla cream stevia 1 packet stevia

1 Tbsp whole milk

Slice strawberries and orange and toss with all ingredients.

Calories: 87



1 medium apple, large orange, or 1/2 a grapefruit

Chicken and Stir Fried Rice

100g chicken

1/2 - 1 tsp Little Choices Matter Asian Gourmet Seasoning

1/2 lemon, juiced

1 tsp Bragg's liquid aminos

1 fresh garlic, minced

1 Tbsp onion, chopped fine (or dried onion)

2 C green cabbage, finely chopped (250g)

Water, if needed

Season chicken with Little Choices Matter Asian Gourmet Seasoning. Grill and slice it into small strips and set aside. Put cabbage and remaining ingredients in a heated skillet on medium heat. Stir-fry until cooked, adding water as needed to keep from drying out. Add chicken and cook until everything is heated thoroughly. Serve with chicken on the side or mixed in the cabbage rice dish. Sprinkle additional Little Choices Matter Asian Gourmet, if desired.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 167

Grilled Garlic Shrimp

100g shrimp, peeled and diveined

4 to 6 cloves garlic, minced

2 Tbsp chicken broth, or 2 Tbsp MCT oil

Sprinkle Little Choices Matter Signature Blend

Sprinkle Little Choices Matter Lemon 'N Pepper

Preheat grill to medium. Combine everything except for the shrimp in a small bowl. Grill the shrimp for three to five minutes, until pink and curled. Be careful not to overcook. Larger shrimp will take longer than smaller ones. While cooking, baste shrimp with mix from above.

Sautéed Beet Greens

2 C beet greens (or other green leafy vegetable)

1/4 C vegetable broth

1/2 Tbsp Bragg's liquid aminos

1 Tbsp onion, chopped

1 garlic clove, minced

1/2 Tbsp Little Choices Matter Lemon 'N Pepper Seasoning

Heat broth in a skillet and add beet greens. Sprinkle with seasonings and stir to blend. Sauté on medium heat until cooked to your liking.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 143

Orange Julius

1 orange

Ice

5-10 drops vanilla creme liquid stevia (to taste)

Water (as needed)

Peel orange and place orange sections in blender. Add remaining ingredients and blend to desired consistency. Add water as needed.

Calories (80)



1 medium apple, large orange, or 1/2 a grapefruit

Chicken and Cabbage Soup

100g chicken

1/2 Tbsp MCT oil

2 cloves garlic, minced

1 Tbsp chopped onion

2 C low-sodium chicken broth (or 1 C Water, 1 C broth)

1/2 tsp Little Choices Matter Signature Blend

2 Tbsp Bragg's liquid aminos

1/4 tsp garlic powder

1/4 tsp onion powder

1/4 tsp paprika

2 C green cabbage, chopped

Dash Himalayan Pink Salt & pepper, or to taste

Fry onion in 1 Tbsp MCT oil on medium heat for 3-5 minutes or until slightly translucent. Add garlic and cook for 1 more minute or until nicely scented. Cook chicken in broth mixture along with spices in a medium sized soup pan.

Add onion and garlic and let simmer for a 10 minutes after the chicken is fully cooked. Add cabbage and cook until desired tenderness.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 185



100g White fish

Juice of 1/2 lemon

1/2 tsp Little Choices Matter Lemon 'N Pepper Seasoning

1/4 tsp Little Choices Matter Signature Blend

Onion, sliced

Cilantro, rinsed and dried

1 sheet of aluminum foil, about 10 inches square

Heat grill to medium heat. Season all sides of the white fish fillet. Place fillet on the one side of foil sheet. Place onions and cilantro on top of the fish, then sprinkle with lemon juice. Fold the edges of the foil around the fish neatly and press edges together to seal. Grill for 10-12 minutes over a medium flame, or until the fish is white and firm. Unwrap the foil packet and remove the fish, discarding the cilantro and onions.

BBQ Fennel

2 Fennel bulbs

1-2 Tbsp MCT oil

Little Choices Matter Signature Blend Seasoning

Little Choices Matter Lemon 'N Pepper Seasoning

Wash fennel bulbs and cut the stems and root, leaving only the bulb. Cut the bulbs into about 2-inch wedges. Toss with MCT oil and place on grill. Grill each side of bulb wedges for about 10-20 minutes (depending on toughness). The fennel wedge will become soft and tender. Remove from grill, drizzle with a little more MCT oil, and sprinkle with seasonings. Serve.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 265





Cinnamon Chicken with Melba Toast

100g of chicken
1 serving Melba toast or grissini
1/2 C chicken broth or water
1/4 tsp ground cinnamon
1/8 tsp curry powder
Pinch of nutmeg
Pinch of cardamom
Pinch of garlic powder
Himalayan Pink Salt and pepper to taste
8-10 drops Stevia, or to taste
1 tomato, sliced
Fresh basil

Little Choices Matter Signature Blend Seasoning

Place Melba or grissini into a Ziploc bag and crush with a rolling pin. Mix Melba toast crumbs with half of the dry spices in a small bowl. Dip chicken in broth and coat with Melba spice mixture. Lay in shallow baking dish. Add broth and mix in remaining spices. Top the chicken with the rest of the Melba spice mixture. Bake chicken at 350° for 20 minutes or until chicken is fully cooked. Serve with sliced tomatoes topped with a drizzle of oil and seasonings.

Have one Melba Toast or grissini with your meal.

1 Protein / 1 Vegetable • Calories: 190

Steak and Strawberry Salad

100g steak, grilled and sliced 2 C spinach, chopped 10-12 strawberries, sliced

Creamy Dressing

1 Tbsp MCT oil

1 Tbsp apple cider vinegar

3/4 - 1 tsp Little Choices Matter Sassy Vinaigrette

1 Tbsp milk

MCT oil

Mix all together and enjoy!

1 Protein / 1 Vegetable / 1 Fruit • Calories: 154

Strawberry Shortcake

1 Piece Melba toast

1 large strawberry, sliced

1 drop of stevia (vanilla crème flavor)

Place Melba toast on plate. Add strawberry and drizzle with stevia.

Calories per piece: 72



1 medium apple, large orange, or 1/2 a grapefruit

Asian Chicken Salad

100g chicken

1 Tbsp Bragg's liquid aminos

1/4 C water or chicken broth

1 Tbsp lemon juice

1 C celery, chopped

1 Tbsp onions, chopped

1 apple, chopped

1/4 - 1/2 tsp garlic powder

1 tsp Little Choices Matter Asian Gourmet

Garlic powder to taste

Cut chicken into bite size pieces. You can marinate them in the aminos for an hour or so, if desired. Place chicken in a heated skillet water or chicken broth and sauté until chicken is cooked. Remove from pan and drain. Set aside and let cool. Mix the apple with the lemon juice and then add the rest of the ingredients. Blend well and serve.

1 Protein / 1 Vegetable / 1 Fruit • Calories: 285

Lobster Delight

100g lobster pieces

1 small onion, sliced

2 Tbsp water

1/2 lemon juice

Sprinkle with Little Choices Matter Lemon 'N Pepper Seasoning

Himalayan Pink Salt, pepper, and dill, if desired

1/2 tomato, chopped

Put onion and water in medium frying pan, cook till onion is transparent. Add fish and drizzle with lemon juice, season with salt, pepper, and seasonings. Cook on medium heat till done. Add tomato and cook an additional 2 minutes. Season with mustard, if desired and serve.

Sautéed Radishes with Herbs

20 whole radishes, cut into fourths or slices

1 Tbsp MCT oil

1 Tbsp apple cider vinegar

1-2 Tbsp Little Choices Matter Signature Blend Seasoning

Himalayan Pink Salt and pepper to taste

Heat MCT oil in medium-sized pan over medium-high heat, then add radishes, seasonings, vinegar, and a generous amount of salt and fresh ground pepper. Sauté radishes, stirring often, until radishes begin to slightly brown or blister and are slightly softened, about 5-7 minutes. They should be tender but still slightly crisp when done.

1 Protein / 1 Vegetable • Calories: 186



1 medium apple, large orange or 1/2 grapefruit

Chicken Bok Choy Stir Fry

100g chicken, boneless, skinless breast

1 Tbsp MCT oil

2 C bok choy

2 tsp Little Choices Matter Asian Gourmet Seasonings

11/2 tsp Tamari sauce - wheat free, low sodium

2 green onions, chopped

Place MCT oil in skillet with 1 tsp seasoning. Stir to blend and let sit on low. Cut chicken into strips or bite-sized pieces. Place in skillet and cook over medium heat for 3-5 minutes, or until cooked. While chicken is cooking, trim bok choy so the white sections are bite-sized pieces, add to skillet. Cover to cook for about 3 minutes, stirring occasionally until cooked. Bok choy is meant to be tender crisp. While bok choy is cooking, chop the green leaf sections up and add to skillet. Sprinkle remaining seasoning and lightly mix. Add Tamari sauce and green onion and toss gently. Serve immediately.

1 Protein / 1 Vegetable • Calories: 110

Pan Fried Halibut & Sautéed Spinach

100g halibut or other white fish

1/2 Tbsp coconut oil

1 grissini stick

1/2 tsp Little Choices Matter Signature Blend Seasoning

1/2 tsp Little Choices Matter Lemon 'N Pepper Seasoning

1 Tbsp onion, chopped

1 garlic clove, minced

2 C spinach

Heat the coconut oil in a large skillet on medium heat. Place grissini in a Ziploc bag and crush into fine crumbs with a rolling pin. Add seasonings and shake to blend. Wash the fish so it's wet, or spray with MCT oil. Place in the Ziploc bag and shake until crumbs cover the fish. Add to skillet and fry until lightly brown and flaky. Set aside and cover to keep warm. In the same skillet, add onion and garlic and sauté for a minute and then add spinach. Sprinkle seasoning over spinach and sauté until spinach is done. Serve with fish.

1 Protein / 1 Vegetable • Calories: 162

Baked Apple

1 medium apple

1/8 tsp ground cloves

1/2 tsp cinnamon

1/2 tsp ground nutmeg

Water

Core apple leaving about one inch in bottom. Do NOT core all the way through. Place apple in baking dish. Fill apple with ground cloves, cinnamon, and 2 tsp water (water should almost reach top of apple). Pour 1/2 C water and 1/2 tsp nutmeg around apple in the baking dish. Bake at 350° for 45 min-1 hr. Serve immediately.

Calories: 80

CONCLUSION



Congratulations on completing Phase 2! Your commitment to healthy living has brought you closer than ever to achieving one of life's most challenging goals. Keep it up and stay focused until you make this new lifestyle a habit.

Course Conclusion:

Record your weight on the morning of your last dose. You must continue the 500-calorie diet for an additional 72 hours. You should not be hungry and will feel the same because the hormone is still in your system. Once the three days are over you will increase calories to maintenance levels for 21 consecutive days. You can locate the calories you need by clicking *here*. Be sure your calories are set to maintenance at the bottom.

It takes about three weeks before the weight reached at the end of the treatment becomes stable. During P3, you must avoid all added sugars and starches. It is recommended to aim for 100g of protein, 100g of fats, and 60g or less carbohydrates during stabilization.

Your P3 guide Click Here