

*THE DIET SOLUTION*

# FAT LOSS JUMPSTART

**1 Week  
Kickstart  
To Your  
Metabolism**



**#1  
Bestselling  
Author**

**By Isabel De Los Rios**

## ***Introduction***

The meal plans and nutrition principles that follow are a culmination of 15 years of research and study into exactly what works to achieve a lean body.

I assure you that none of these rules are “unhealthy” or “extreme”. On the contrary, they are the best principles you can incorporate to not only get you jumpstarted on your fat loss success but to also help you achieve a level of health and well being that you may never have thought possible for you.

These meal plans are also not a crash diet or a short term plan. I stay lean all year long and I do it by following these principles and eating very similar meal plans to the ones I have outlined below. I don't deprive myself and I am not miserable “on a diet”. It is actually, quite the opposite. I feel so great, I stay at my ideal weight and I am unstoppable every day.

So, the rules are simple and the meal plans are easy to follow. I can promise that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just do it “half-way”. Go 100% and see your body transform in a way you may have never seen before.

All the best!

Isabel De Los Rios

Author [The Diet Solution Program](#)



## ***I Need to Lose Weight and Fast: What Kinds of Foods Should I Eat?***

I spent a lot of my life overweight. One day I finally looked at myself and said, “I need to lose weight and fast.” To help me achieve this goal, I learned everything I could about nutrition. While I didn’t drop the pounds overnight (no quick fixes, remember), the excess flab *did* come off, and I haven’t had any trouble maintaining the results since then.

If your weight loss journey isn’t working out like you’d hoped, you may be eating too much of the wrong stuff or avoiding too many of the right kinds of foods. Here are some nutrition tips to help you lose that stubborn flab once and for all.



If your definition of real food is frozen fish sticks, pasta and canned green beans, we have some work to do. These foods are a small sampling of the processed junk that harms our bodies and causes us pack on the pounds.

When foods are processed, most of the nutrients are zapped right out. So when you eat them, you take in a bunch of empty calories that get stored in your body as fat. Definitely not something you want to happen when you’re on a mission to lose weight.

Real food comes from farms; it is not processed or created in factories. The bulk of your diet should include real foods like fresh vegetables and fruits, grass fed beef, free range poultry, organic eggs, beans, legumes, nuts, seeds and fresh fish. When you replace the processed junk in your diet with real food, you eliminate unnecessary calories, and you have an easier time losing weight.

Wait! Before you bash me over the head, hear me out. Fat gets a bad rap because it is believed to be the culprit of obesity and heart disease. This is absolutely not the case. Eating fat is not going to make your heart explode or turn your bum into blubber—unless of course, the bulk of your fat comes from unhealthy processed food and trans fat.

Fats that are derived from nutritious foods like olive oil, nuts, fatty fish, avocados, coconut oil, organic eggs and naturally raised meats make meals more satiating and keeps hunger at bay.

When you are trying to lose weight, protein is a must. When you eat protein, your body releases a hormone that helps you burn stubborn fat. Protein also helps you stay full longer so you eat less during the day.

There's no need to go overboard with the protein. Adding a sensible serving of this nutrient to each meal will do the trick. Some healthy protein choices include beans, fresh fish, naturally raised meats, legumes, free range poultry and organic eggs.

Eliminating processed foods, and adding healthy sources of fat and protein to your diet can help you lose weight faster. Of course, if you really want to see consistent fat burning results, combine your nutrition plan with plenty of exercise.

Healthy nutrition is the key to losing weight and keeping it off. [Watch this video](#) to see what I do when I need to lose weight and fast so you can achieve your dreams of permanent weight loss.

## ***Have You Ever Considered a Starvation Diet Plan for Weight Loss?***

The less food you eat, the more weight you'll lose, right? Sorry, but it just doesn't work this way. If your idea of the perfect diet plan for weight loss is popping crackers and diuretics, you're headed for disaster. Besides being downright miserable, a starvation diet can thwart your weight loss efforts and do some serious damage to your health.



### **Starving Slows the Fat Burning Process**

Our body relies on the nutrients in food (real food, not saltines) for fuel. When you starve yourself, it senses the downward shift in your caloric intake and kicks into starvation mode. When this happens, your metabolism will slow down and your body will hold on to stored fat in order to conserve energy.

Lean muscle mass needs more energy to function than fat. Basically, the more lean muscle you have, the more calories you'll burn. If you continue to starve yourself, your body will feed on your lean muscle tissue and make it even harder for you to lose weight.

Obviously, if you starve yourself long enough, you'll have no choice but to lose weight. But the weight loss won't be healthy, and it will show in your appearance.

You'll become emaciated and your body will start to look like an old bag of bones (not joking).

## **Starvation Diet Results Are Short-Lived**

The weight lost from starvation diets almost always comes back. Starvation slows your metabolism down. And it can take months for it to return to normal. As soon as you start eating again, you'll likely gain all of the weight you lost back, plus a few extra pounds. In the end, you'll wind up bigger than you were before you started starving.

## **Starving Can Damage Your Health**

When you go without food, you don't get any of the essential nutrients needed for good health. This can result in fatigue, kidney failure, heart failure, gallstones, ulcers, hair loss, muscle weakness and osteoporosis. This is just a short list of the physical problems a starvation diet can cause. We haven't even touched on the mental stuff yet.

It's not uncommon for extremely calorie-restrictive dieters to struggle with depression, anger, indifference, memory loss, poor concentration, hallucinations and mood swings. Starvation can also increase your chances of suffering with eating disorders like bulimia and anorexia.

In essence, your health will be a mess if you try to lose weight by starving. The worst part about it is that some of the health issues that arise from starvation diets can cause irreversible damage to your body and require long-term hospitalization or lifelong medical care.

I'm not trying to scare you, but if you plan to turn starvation into a lifestyle, you'll end up in a body bag way before your time. No amount of skinny is worth your life.

Don't let the desperation to lose weight push you to go on a starvation diet. This type of diet can destroy your health and make weight loss harder to achieve. The healthiest way to drop unwanted pounds is to eat right, manage portion sizes and exercise.

Let The [Diet Solution Program](#) show you how a sensible diet plan for weight loss can work for you.

## ***How Will Proper Nutrition Help Me Lose Weight?***

If you've tried diet after diet and you're still hollering, "Please! Help me lose weight!" It's because diets don't work (obviously). Sure, they may help you drop a

few pounds in the beginning, but the results are often short lived. Most diets require you to restrict your caloric intake to the point where your body is literally starving.

Not getting enough calories slows your metabolism down, causes the loss of lean muscle tissue, deprives you of the fuel you need to perform, and causes your body to hold on to stored fat for energy. In addition, diets are miserable, depressing, frustrating and not sustainable over the long term. Seriously, how long do you think you can survive off of grapefruits and cabbage?

Take it from a gal who has tried almost every diet on the market. Proper nutrition will give you better weight loss results than simply going on a diet. Here are three good reasons why.

## **Healthy Foods Are Naturally Low In Calories**

Unlike processed junk, healthy foods like vegetables, fruits, legumes, beans naturally raised meats, organic poultry, raw nuts, seeds and organic eggs are naturally low in calories. When you eat reasonable portions of these foods, you automatically reduce your caloric intake and lose weight without feeling hungry, deprived or bitter.



There is so much nonsense in processed foods. When you eat them, your body doesn't have a clue what to do with the calories; so they just get stored as fat. When you eat nutritious foods instead of processed junk, your body actually benefits from the calories so they are less likely to get stored as blubber.

## **Proper Nutrition Helps Fuel Your Body**

All nutritious (and I mean truly nutritious) eating plans will allow plenty of fresh vegetables, fruits and beans in the diet. These foods provide the healthy carbohydrates you need to fuel your body and keep your metabolism performing properly.

If you come across a diet that tells you not to eat healthy carbohydrates, run away from it as fast as you can. Your body absolutely has to have healthy carbohydrates (healthy being the operative word) to survive.

## Eating Healthy To Burn Fat

Here's some great news. Healthy diets that include protein can help you build lean muscle tissue, which can kick your metabolism into high gear. This is definitely a plus if you want to send that double chin packing.

When you eat protein rich foods, your body releases a hormone that helps you burn fat. Protein also helps make meals more satiating so you eat less (bring on the protein, baby). Some nutritious protein sources include naturally raised lean meats, organic poultry, beans, raw nuts and whole organic eggs.

Why put yourself through the drama of dieting just to be disappointed with the end results? Healthy eating is a much better option for dropping unwanted pounds. Remember though, nutritious eating is just one part of the weight loss puzzle. If you want to keep those results coming, get plenty of exercise and drink lots of water.

If you are serious about losing weight, [watch this video](#) to learn some of the things that help me lose weight and keep it off.



You have already taken the first step to a healthy new you.  
Are you ready to take the next step?

Visit [www.thedietsolutionprogram.com](http://www.thedietsolutionprogram.com)

Get your copy of The Diet Solution Program Manual today.  
Don't let one more day go by without living the incredible life  
you've dreamed about.

## The 4 Key Components of Healthy Meal Plan

Most people admit to feeling a little overwhelmed when it comes to developing a healthy meal plan. In fact, I would guess that's the biggest reason why most people fail when it comes to a diet of any kind. If it's too complicated or too difficult, there's no way you are going to stick with a plan for weight loss. And that's where most diets lose you—there's always a mile-long list of what you can eat and what's forbidden. Or you have to count calories and carbs, which means you have to jot everything down in a book.

Let's be realistic—none of that is going to happen long-term when you are busy and always on the go.

I like to break down my healthy meal planning into four blocks. If you incorporate each of these four blocks into your daily routine, at every meal and every snack, then you have mastered the Diet Solution Program. Sound too easy to be true? It's no gimmick—just plain common sense that takes the guesswork out of eating right to lose weight. Here are the four components you should use with every meal:

## Vegetables

They will provide you with essential vitamins and minerals your body needs. They also contain fiber, which will help keep you regular and also helps to keep you feeling satiated between meals.

Remember that foods like corn and peas are actually not vegetables, but legumes and grains. Limit your intake of those, and opt for vegetables like lettuce, spinach, kale, celery, and peppers instead.

## Healthy Fats

Did you know that organic coconut oil is actually a healthy fat?



You should absolutely eat fat with every meal, and I am including snacks in this as well. Healthy fats are MUFAs or PUFAs that give your body the kinds of essential fatty acids you need to thrive. Healthy fats can also help you feel satiated between meals, which is what helps you to stay on the straight and narrow with your healthy eating plan, resisting the urge to binge eat. Healthy fats include olive

oil, organic butter, coconut oil, raw nuts, nut butters, and avocados.

## Water

Why so much water? Studies show that most Americans are slightly dehydrated. Dehydration can actually register in the brain as hunger rather than thirst. So by drinking enough water, you are keeping your body from feeling hungry, and that keeps you from eating more food than you should.

Not all proteins are created equal, though. I am a fan of whole organic eggs, all-natural cuts of meat, raw nuts, and nut butters. Stay away from fatty sources of



protein, meats that contain nitrites or nitrates, and soy products. Those types of proteins can be detrimental to a healthy diet.

Building the perfect meal is easy when you follow [The Diet Solution Program](#). Simply build these four nutritional blocks into every meal and snack, and you should begin seeing results in no time at all!

Snacking on dried out rice cakes and wilted lettuce leaves is no way to spend your mealtimes. You don't have to eat bland, boring foods just to trim up. It is possible to eat great and lose weight all at the same time. If you choose quality foods and have a willingness to try new things, you can get down on delicious meals and shed pounds too.

## **Choose the Right Foods**

You can't possibly lose weight if the foods you use to prepare your meals are unhealthy and loaded with calories. When you avoid processed nonsense and stick with fresh ingredients, you can't go wrong. Anything boxed, frozen, jugged or canned is considered processed and has no place in a healthy diet.

Foods that should be staples in your healthy meal plans include fresh fish, naturally raised meats, organic poultry, organic whole eggs, raw nuts, fresh herbs, and fresh fruits and vegetables. Natural foods are better for you because they are low in calories and filled with plenty of nutrients your body can use. Also, natural foods aren't loaded with a laundry list of additives that contribute to weight gain, diabetes, cancer, hypertension and other health problems.

## **Experiment with**

### **Recipes, Flavors and Cooking Methods**

I love grilled chicken, but if I had to eat it every day, I'd go bananas—I imagine you would too. Free yourself from the bondage of humdrum, tasteless meals by experimenting with recipes. Thumb through cookbooks, surf the Internet and use your imagination to whip up meals you can't wait to sink your teeth into.

When you come across recipes that have unhealthy ingredients, simply swap the bad ingredients out for healthier ones. For instance, if a recipe calls for milk, you can replace this ingredient with coconut or almond milk. Also, don't be afraid to switch out spices and seasonings to add a new flavor to a dish.

Vary your cooking methods to keep things fresh and give food a different taste. For instance, if you always broil your steak, try sautéing it, or covering it with olive oil and dropping it on the grill. All of these cooking methods are healthy and easy to master.

## Sample Recipes - Eat Great and Lose Weight

I love to get my claws (and mouth) on healthy Diet Solution recipes. I get a lot of the cool recipes from generous DSP followers. I also thumb through cookbooks, surf the Internet and do a lot of experimenting in the kitchen. When I get a hold of delicious recipes, I'm always excited to share them with you.

I've sent out recipes in my newsletters, published them in my books, and posted them for members on the Diet Solution site. If you're short on time and you don't want to dig through tons of recipes, today's your lucky day. Here's a quick roundup of some favorites.

### Breakfast Burritos

#### *Ingredients*

1-2 tbsp butter  
½ cup onion, chopped  
2-3 eggs  
1 small tomato (preferably Roma), chopped  
1-2 tbsp fresh herbs (thyme, rosemary...),  
minced  
2 tbsp soy sauce (wheat free preferably)  
¼ cup chopped walnuts or pecans  
2-3 tbsp grated raw cheese (optional)  
SWG tortilla



#### *Directions*

Heat the butter, add onion, and sauté for 3-4 minutes, stirring frequently.  
Scramble the eggs. Add eggs to onions.  
Cook for 2 minutes; add tomato, soy sauce, and herbs; and heat until warm.  
Stir in walnuts and optional cheese and remove from stove.  
Place half of mixture in a line in the center of each SWG tortilla, leaving 1 inch at either end of the line.  
Fold each end up to the filling, then fold in one side. Roll.  
Voilà your breakfast burritos!

Notes You can leave out the tomato and/or walnuts and/or add other veggies... pretty much whatever you like!

If you don't have any tortillas, you can just serve the filling with some sprouted grain toast or some raw veggies.

## Mini Vegetable Frittatas

### *Ingredients*

8 large organic eggs  
½ cup organic milk, preferably raw  
1 Tbsp. butter  
1 cup zucchini, diced  
1 cup red pepper diced  
1 cup sliced fresh mushrooms  
1 leek diced  
¼ cup fresh Italian flat leaf parsley, chopped finely  
1 tsp. Celtic Sea Salt  
½ tsp. black pepper

### *Directions*



Preheat oven to 350 degrees F. Grease a large muffin tin with butter. Whisk eggs and milk together in a large mixing bowl. Set aside.

Heat butter in a medium skillet or frying pan over medium heat. Place zucchini, red pepper, mushrooms and leek in a skillet and sauté until vegetables become soft, about 5 minutes. Remove from heat and stir in parsley, salt and pepper. Fold vegetables into egg mixture.

Fill muffin cups three-quarters of the way full with vegetable frittata batter. Bake 20 to 30 minutes until frittatas are set and browned on top.

Serve hot or let cool and store in the fridge for later.

## Healthy French Toast

### *Ingredients*

2 slices of sprouted grain, rice or spelt bread  
2 eggs  
1 tablespoon of real butter  
maple syrup  
cinnamon

### *Directions*

Mix the eggs in a bowl.

Dip the bread in the egg mixture and generously coat both sides.

Heat a pan on a low to medium setting and add the butter.

After the butter melts, add the coated bread.

Cook the bread for 3 to 4 minutes on each side.

Top with cinnamon and maple syrup.

## **Mediterranean Roast Turkey**

(Andrea, a DSP member)

### ***Ingredients***

1 large chopped onion  
2 tablespoons freshly squeezed lemon juice  
1/2 cup pitted and copped kalamata olives  
1 1/2 teaspoon minced garlic (bottled)  
1/2 cup of julienne-cut, oil-packed, sun-dried tomato halves (drained)  
1/2 teaspoon sea salt  
3 tablespoons arrowroot powder  
1 teaspoon Greek seasoning mix  
1 trimmed, boneless turkey breast  
1/2 cup fat-free, low-sodium chicken broth  
1/4 teaspoon freshly ground black pepper

### ***Directions***

Combine turkey, onion, lemon juice, garlic, tomatoes, sea salt, seasoning mix, olives and pepper in a crock pot. Pour in 1/4 cup of chicken broth and let the ingredients cook for 7 hours. Combine the arrowroot and the rest of the chicken broth in a small bowl and whisk until it's smooth. Add the mixture to the crock pot. Cover the pot and cook on low for 30 more minutes. Slice the turkey breast after it's cooked.

## **Baked Chicken a la Isabel (one of my creations)**

### ***Ingredients***

1 whole baking chicken  
extra virgin coconut oil  
your favorite Italian spices (I use thyme, parsley, oregano, garlic powder, sea salt and pepper)



### ***Directions***

Preheat the oven to 350 degrees.  
Place 2 tablespoons of coconut oil in a small pan and melt it over low heat.  
Mix 1 to 2 teaspoons of each of your spices in a small bowl and pour in the melted coconut oil. Mix all the ingredients together. Let the spice and coconut oil mixture cool.  
Rub the spice and oil mixture under the skin of the chicken with your hands. Once the chicken is completely coated, place it breast side down in a glass baking pan and pop it in the oven.  
Let the chicken cook for 1 to 2 hours until it's done.

## Baked Paprika Flounder

### *Ingredients*

4 (4 oz) flounder fillets  
2 TBSP melted butter  
Sea salt and pepper  
Italian herbs  
Paprika



### *Directions*

Preheat oven to 400 degrees.  
Coat baking sheet with 1 TBSP  
butter. Place fillets on baking sheet and spread remaining butter on  
each one.  
Sprinkle coarse salt, ground pepper, Italian herbs and paprika to  
taste. It's good with a lot of paprika.  
Bake at 400 degrees for ten minutes or until white and flaky.

\*Protein count is based on a 4 oz flounder fillet. Please adjust count based on the size of the fillet you have. Ex: A 3 oz fillet will count as 3 proteins.

## Tomato and Cucumber Salad

(Annie, a DSP member)

### *Ingredients*

5 diced tomatoes  
1 onion, finely chopped  
1 chopped green pepper  
1 sliced cucumber  
handful of chopped basil  
handful of chopped parsley  
6 chopped garlic cloves (optional)  
sea salt  
pepper

### *Directions*

Mix all the ingredients in a bowl and season with sea salt and  
pepper.

## **Cilantro Marinade**

(Sally Fallon, Nourishing Traditions)

### ***Ingredients***

handful of chopped cilantro leaves

3 minced garlic cloves

1/4 cup olive oil

1/4 teaspoon ground black pepper

juice from a lemon

Mix all of the ingredients together in a bowl.

Basic Salad Dressing

1 teaspoon of smooth or grainy Dijon mustard

1/2 cup olive oil

1 tablespoon flaxseed oil

1 1/4 tablespoon wine vinegar

### ***Directions***

Add mustard and vinegar in a bowl and whisk.

Slowly stream in the olive oil and continue to whisk until the oil is emulsified. Whisk in the flaxseed oil.

Serve immediately.

These Diet Solution recipes are absolutely delish and approved for a healthy meal plan. Try them out and let me know what you think!

Don't wait another day to get a healthy lease on life. Let [The Diet Solution Program](#) help you achieve your weight loss goals. Learn a little more about our program and join our community where you'll find hundreds more Diet Solution recipes from me, our staff, and our members.



Ready to eat great food and lose fat?  
Want more recipes?

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you've dreamed about.

## **Meal Plans**

The following meal plan can be followed for a quick, jumpstart plan. The serving sizes are the minimum you should be eating. Because each person's starting point is very different, the meal plan servings can be adjusted based on your needs. Members of [The Diet Solution Program](#) have access to 15 unique meal plans based on their metabolism type and customized serving sizes.

If you experience hunger at any time, increase the protein, fruit or vegetable serving in 1 or 2 meals by 1 serving. For example, if lunch calls for 3 ounces of turkey, increase it to 4 ounces or even 5 ounces if necessary. Please do not be afraid to add more healthy food to your plan to nourish your body sufficiently. Eating one or two more ounces of a healthy protein, fruit or vegetable will not affect your results. Eating foods that are not on your meal plan (breads, pastas, sweets) *will* deter you from seeing the results you're looking for.

### **Meal Plan – Week 1**

#### **Breakfast (7-8am)**

*Protein Choices:*

*Choose One*

- 1 organic egg + 3 whites
- 2-3 whole organic eggs
- 3 slices nitrate/nitrite free turkey, beef or pork bacon
- 2 nitrate/nitrite free turkey or chicken breakfast sausages  
(*description of Recommended Brands below*)
- 2-3 oz leftover meat (beef, poultry, pork, fish) from the night before
- 3 Tbsps Hummus (V – a vegetarian option)
- ½ cup cottage cheese (V) \*
- 2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices:*

*Choose One*

- 1 cup cooked broccoli
- 1 cup cooked cauliflower
- 1 cup sautéed spinach
- 1 cup steamed asparagus

*Fruit Choices:*

*Choose One*

- 1 green apple
- 1 pear
- ½ medium banana

½ cup strawberries or blueberries (or combination of both)

Examples: 1 egg + 3 whites  
1 cup steamed cauliflower  
1 green apple

3 slices turkey bacon  
1 cup spinach  
½ medium banana

3 Tbsp Hummus  
1 cup steamed cauliflower  
½ cup strawberries

2 oz leftover salmon  
1 cup cooked broccoli  
1 pear

### **Snack #1 (10-11am) and Snack #2 (3-4pm)**

#### *Protein Choices:*

##### *Choose One*

2 TBSP Natural, Raw Almond Butter (V)  
1 oz Raw Almonds (V)  
1 oz Raw Walnuts (V)  
1 oz Raw Pumpkin Seeds (V)  
1 oz Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz sliced turkey breast or chicken breast

#### *Vegetable Choices:*

##### *Choose One*

Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup broccoli or cauliflower

#### *Fruit Choices:*

##### *Choose One*

1 green apple  
1 cup strawberries  
1 cup blueberries

#### Examples:

2 Tbsp Almond Butter  
Celery Sticks and 1 small green apple



2 hard boiled eggs  
½ yellow pepper  
1 cup blueberries

1 ounce raw walnuts  
6 baby carrots  
1 cup strawberries

### **Lunch (1-2pm) and Dinner (6-7pm)**

#### *Protein Choices:*

##### *Choose One*

3-5 ounces chicken (dark or white meat)  
3-5 ounces turkey (dark or white meat)  
3-5 ounces fish (tuna only 1 time per week)  
2-4 ounces beef (lean varieties)  
1 cup cooked beans (any variety) or lentils (V)  
½ cup cottage cheese (V) \*

#### *Over a salad that is made up of any of the following:*

All lettuce except for Iceberg (it has no nutritional value)

Celery, Peppers, Cucumbers, Tomatoes

#### *Vegetable Choices:*

##### *Choose One*

1 cup cooked broccoli  
1 cup cooked cauliflower  
1 cup sautéed spinach  
1 cup steamed asparagus

#### *Dressing:*

Raw Apple Cider Vinegar  
2 tsps Extra Virgin Olive Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

#### *Examples:*

4 oz grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes,  
cucumbers and celery  
1 cup asparagus added to the salad or on the side  
Apple Cider Vinegar and 2 tsps olive oil as dressing

½ cup chickpeas + ½ cup kidney beans  
Over a large salad made up of Romaine lettuce, tomatoes,  
cucumbers and celery  
1 cup cooked broccoli added to the salad or on the side  
Apple Cider Vinegar and 2 tsps olive oil as dressing

4 oz salmon  
Over sautéed spinach  
Salad on the side with apple cider vinegar and 2 tps extra virgin  
olive oil

**Notes:**

Turkey, Beef, Pork Bacon - Look for a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Turkey or Chicken Breakfast Sausage – Look for a brand that has 5-7 g of protein per link and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

All almonds, walnuts, pumpkin seeds, sunflower seeds and almond butter must be raw. They cannot be roasted. Roasting nuts takes a good food and turns it into a bad food!

Olive Oil must be Extra Virgin and preferably organic.

\*If you have chosen to take the 2 week “no wheat, no dairy” challenge, cottage cheese should be eliminated from your protein choices.

**Typical Day Meals and Times:**

7am – Breakfast  
10am – Snack #1  
1pm – Lunch  
3pm – Snack #2  
6pm – Dinner

If your schedule does not permit for eating at these times, you can structure your day however it works best for you. Just be sure to fit in a minimum of 4 of your meals and space each meal no more than 4 hours apart, 3 hours being the ideal.

**Water Intake** – ½ of your bodyweight in ounces of water.

Example: If you weigh 150lbs, you would have to drink 75 ounces of water.

## ***Remember...***

Do the very best you can with whichever foods are available to you. You may not be able to find every single food I have listed, but that is ok! I have never had a client not lose weight because they had to make 1 or 2 adjustments. More importantly, make the majority of your food choices “all natural” and follow the recommended portion sizes and food combinations. I know from personal experience with hundreds of clients that even following the above plans at 90% proves amazing results.

What you've learned here is just the beginning.  
Are you ready to take charge of your weight  
and your health once and for all?  
Are you ready to feel the best you have ever felt?  
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## ***About Isabel De Los Rios***

Isabel De Los Rios, CSCS is a holistic nutritionist and exercise specialist in New Jersey and the author of [The Diet Solution Program](#)



Isabel's Diet Solution Program offers the most cutting edge, revolutionary nutrition information available today. Her meal plans are a product of extensive nutrition study, research and real world results with clients. They not only guarantee fat loss success, they guarantee a level of health and vitality that is above and beyond what most people ever achieve.