

EFGT Resources Blurbs

Recipes -

- **EFGT Recipes PDF:** Need some ideas for what to eat? Here are recipe ideas for every meal.
- **EFGT Meal Planner:** Dr. Hyman created these guide so that you can have plenty of healthy, great-tasting food options to cook up and enjoy. He has included one week's worth of meals and a staples grocery shopping list.
- **Vegan / Vegetarian Guide:** Doing Eat Fat, Get Thin while being vegan or vegetarian is a little tougher, but not impossible. This guide will help you make satisfying and delicious recipes that still follow Dr. Hyman's guidelines.

Schedule

- **PDF Schedule:** Find out when Challenge support calls are happening here.

Making the most of your program

- **EFGT Companion Guide:** Take a look into the Eat Fat, Get Thin plan as well what to eat and what not to eat.
- **Quiz: FLC / Toxicity Quiz:** Take this questionnaire to set a baseline "score" of how healthy you are.
- **Quiz: Carb Intolerance / Diabetes Quiz:** Take this quiz to find out if you have diabetes or are carbohydrate intolerant.

Weight loss

- **Beyond Food: Key Reasons People can't lose weight:** Learn more about the causes of obesity and weight gain.

More resources

- **Fat Bible:** Learn more about fats and all the foods that contain fat, including what you should eat, how to find and prepare the best fats and avoid any risks from eating various fats
- **How to Work With Your Doc:** This guide will help you understand how to work with your doctor to the testing that is recommended.
- **Journal Entries PDF:** Track your measurements and get your journal questions