

A top-down view of various healthy fats. In the center is a halved avocado with its pit. Surrounding it are several walnuts, almonds, and hazelnuts. In the bottom right corner, there are several red dates. On the left side, there is a small brown bowl containing chunks of butter.

EAT FAT GET THIN 21-DAY PLAN

COMPANION GUIDE

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Introduction

Welcome to the 21 days that will not only change how you think and feel about eating fat – it will also forever alter how you think and feel about your body and how to care for your health and well-being. You'll no longer have to wonder what to eat or how much. You'll learn the secrets that will give you the life-changing confidence that comes from knowing you're in command of the most potent medicine there is: what you put on the end of your fork.

I created this plan to clear up the confusion and give you the skinny on fat in our diet and the biological fat on our bodies (why it accumulates and how to get rid of it). I also wanted to give you a roadmap to understand exactly what to eat to lose weight, reverse disease and get vibrantly healthy.

This program is designed to reduce inflammation, cut cravings, reboot your genes for weight loss and boost your mood. My goal is for you to sustain your lifelong journey of health and happiness while gaining freedom from the fear of fat.

My latest book, *Eat Fat, Get Thin* is about putting the love and joy back into your relationship with food, ending deprivation and enjoying rich, satisfying food without guilt. Fat is what makes food taste good; what we were programmed to enjoy and thrive on. Bringing fat back into your diet will not only make you fit and healthy, but also help you reclaim pleasure and joy in your relationship with food. It is the perfect way to love food that loves you back!

What to expect

The *Eat Fat, Get Thin* 21-Day Plan happens in four stages:

- **Stage 1** is the time you will spend figuring out your baseline. This is when you come to terms with your personal situation and make the commitment to change.
- **Stage 2** is the preparation stage and should be completed two days prior to beginning your program.
- **Stage 3** is the actual 21-Day Plan and includes everything that you'll eat, drink and do to keep delivering the energizing, slimming, health-boosting results you're about to experience.
- **Stage 4** lays out three options for transition plans, any of which will give you a blueprint to follow for the rest of your life.

In this program, you won't be counting calories, or weighing your food or anything else that makes eating a chore. And most importantly, you won't feel deprived or hungry! The plan is scientifically designed to curb cravings and help control your appetite. At the same time, once you get rid of the toxic foods that clog your system and wreak havoc on your taste buds, you'll rediscover just how delicious real food can be. You'll discover day by day, through experience, what a positive difference it can make on your health, your mood, your waistline and even your skin when you nourish your body with the right food in the right amounts.

You don't have to believe me that this plan will work. You don't even have to believe the 1,000 trial participants who dropped pounds quickly and easily and saw astonishing improvements to their health. Just try it for 21 days, and you'll see and feel the results for yourself. Your body has tremendous capacity to repair when you remove processed, sugary nonfoods and feed it real, whole, delicious foods, complete with healthy fat.

Let's get started!

Getting Started

You wouldn't construct a building without first determining the needs and designing the right plan. The very first thing you need to do is figure out your personal journey. To do this, let's take a look at where you stand, health and toxicity wise, today.

STAGE 1

Establishing your baseline

Pre-plan quizzes

Before you start any of the preparations, it is important to establish your baseline. Below are the two most important quizzes to take before you start the plan. I also recommend taking these quizzes after the plan so you can compare and contrast how far you have come. And remember, always check with your personal physician before making major changes to your diet and exercise programs, as your personal health situation may dictate certain requirements.

Diabetesity / Carbohydrate Intolerance Quiz

Read the statements below, and put a checkmark in the box for each one that applies to you. If you check off any of the following statements, then you may already have diabetesity (and thus are carbohydrate intolerant), or are headed in that direction. The higher the score, the worse your carbohydrate intolerance, and the more you will benefit greatly from the *Eat Fat, Get Thin* 21-Day Plan:

1. I have a family history of diabetes, heart disease, or obesity
2. I am of non-white ancestry (African, Asian, Native American, Pacific Islander, Hispanic, Indian, Middle Eastern)
3. I have trouble losing weight on a low-fat diet
4. I crave sugar and refined carbohydrates
5. I am inactive (less than 30 minutes of exercise 4 times a week)
6. I am overweight (body mass index, or BMI, over 25)
Go to www.eatfatgetthin.com/resources to calculate your BMI based on weight and height
7. I have heart disease
8. I have high blood pressure
9. I suffer from infertility, low sex drive or sexual dysfunction
10. I have extra belly fat
Waist circumference greater than 35 inches for women or greater than 40 inches for men
11. My doctor told me that my blood sugar is a little high (over 100 mg/dl) or I have been diagnosed with insulin resistance, pre-diabetes or diabetes
12. I have high levels of triglycerides (over 100 mg/dl) or low HDL (good) cholesterol (under 50 mg/dl)
13. For women: I have or have had gestational diabetes or polycystic ovarian syndrome

For every checkmark on statements 1 to 9: score 1 point _____

For every checkmark on statements 10 to 13: score 2 points _____

If you checked off any statement but scored less than 5, you may have carbohydrate intolerance and benefit from the *Eat Fat, Get Thin* 21-Day Plan. In fact, it is worth it for anyone to try this program because when you eat more fat, you will lose weight; feel good; prevent heart disease, diabetes, dementia, cancer; and live longer.

If you scored more than 5, then you have advanced carbohydrate intolerance or diabetesity and would benefit from the *Eat Fat, Get Thin* 21-Day Plan until your score improves.

Feel Like Crap (FLC Quiz)

Take the following quiz to find out where you rate on the FLC scale. For the “before” part of the questionnaire, rate each of the following symptoms based upon your current health profile for the past 30 days. The symptoms listed indicate levels of toxicity in your system that might be causing inflammation.

You’ll take this quiz again after your 21-Day Plan; however, it’s especially important to take the time to complete and score it now, before you embark on the program. Without your baseline score, you may have a hard time believing just how different your “after” results are 21 days from now.

POINT SCALE

0 = Never or almost never have the symptom

1 = Occasionally have it, effect is not severe

2 = Occasionally have it, effect is severe

3 = Frequently have it, effect is not severe

4 = Frequently have it, effect is severe

DIGESTIVE TRACT

___ Nausea or vomiting

___ Diarrhea

___ Constipation

___ Bloating feeling

___ Belching or passing gas

___ Heartburn

___ Intestinal/stomach pain

Total before_____

Total after_____

EARS

___ Itchy ears

___ Earaches or ear infections

___ Drainage from ear

___ Ringing in ears or hearing loss

Total before_____

Total after_____

EMOTIONS

- ___ Mood swings
- ___ Anxiety, fear, nervousness
- ___ Anger, irritability, aggressiveness
- ___ Depression

Total before ___

Total after ___

ENERGY/ACTIVITY

- ___ Fatigue or sluggishness
- ___ Apathy or lethargy
- ___ Hyperactivity
- ___ Restlessness

Total before ___

Total after ___

HEART

- ___ Irregular or skipped heartbeat
- ___ Rapid or pounding heartbeat
- ___ Chest pain

Total before ___

Total after ___

EYES

- ___ Watery or itchy eyes
- ___ Swollen, reddened, sticky eyelids
- ___ Bags or dark circles under eyes
- ___ Blurred or tunnel vision (not including near- or farsightedness)

Total before ___

Total after ___

HEAD

- ___ Headaches
- ___ Faintness
- ___ Dizziness
- ___ Insomnia

Total before ___

Total after ___

JOINTS/MUSCLES

- ☐ Pain or aches in joints
- ☐ Arthritis
- ☐ Stiffness or limitation of movement
- ☐ Pain or aches in muscles
- ☐ Feeling of weakness or tiredness

Total before___

Total after___

MIND

- ☐ Poor memory
- ☐ Confusion or poor comprehension
- ☐ Poor concentration
- ☐ Poor physical coordination
- ☐ Difficulty in making decisions
- ☐ Stuttering or stammering
- ☐ Slurred speech
- ☐ Learning disabilities

Total before___

Total after___

MOUTH/THROAT

- ☐ Chronic coughing
- ☐ Gagging or frequent need to clear throat
- ☐ Sore throat, hoarseness, loss of voice
- ☐ Swollen or discolored tongue, gums or lips
- ☐ Canker sores

Total before___

Total after___

NOSE

- ☐ Stuffy nose
- ☐ Sinus problems
- ☐ Hay fever
- ☐ Excessive mucus formation
- ☐ Sneezing attacks

Total before___

Total after___

WEIGHT

___ Binge eating/drinking

___ Craving certain foods

___ Excessive weight

___ Compulsive eating

___ Water retention

___ Underweight

Total before___

Total after___

OTHER

___ Frequent illness

___ Frequent or urgent urination

___ Genital itch or discharge

Total before___

Total after___

GRAND TOTAL BEFORE _____

GRAND TOTAL AFTER _____

What your score means:

Less than 10 points: Optimal health

10 to 50 points: Mild toxicity

51 to 100 points: Moderate toxicity

More than 100 points: Severe toxicity

If you scored not-so-great on either of the quizzes above, don't panic. Here's the good news: you can reverse diabetes and carbohydrate intolerance. You can get over FLC syndrome. And, you can do all of that while delighting in the abundance of whole, rich foods. With the *Eat Fat, Get Thin* 21-Day Plan, you will not suffer or feel deprived. The promise of this program is that if you eat more of the right fats you will feel good, get slim, look better and get healthier than ever before while enjoying delicious, savory, mouthwatering food.

STAGE 2

Preparing for the Plan

Now that we know what's needed, we can lay the foundation. For the two days prior to beginning the *Eat Fat, Get Thin* 21-Day Plan, you'll set aside time to gather your supplies and – most importantly – prepare your mind, so you can begin the program with confidence, knowing you're set up to succeed.

Kitchen Makeover

Take some time during this stage to detox your kitchen from the items on the list below. Don't just tuck these away – toss them in the garbage! If you have a moment of panic, rest assured: we're going to quickly and easily replace them with delicious, healthy alternatives that will leave you more than satisfied.

- ✗ All fake and processed foods
- ✗ All foods that contain sugar
- ✗ Any drinks that contain sugar
- ✗ Anything containing artificial sweeteners
- ✗ Anything containing hydrogenated oils or refined vegetable oils
- ✗ Anything containing gluten
- ✗ Anything containing dairy
- ✗ All grains
- ✗ All beans and legumes

Stock Your Toolbox Pantry

Now that you've cleared your kitchen of the toxic, inflammatory foods, let's re-stock it with the good stuff! The following is a list of essential staples you'll want to get to enable you to make the recipes included in the program and prepare basic meals:

- ✓ Extra-virgin olive oil
- ✓ Extra-virgin coconut oil
- ✓ Sea salt
- ✓ Black pepper
- ✓ Detoxifying and anti-inflammatory herbs and spices (ginger, turmeric, cinnamon, cayenne pepper, thyme, rosemary, cumin, sage, oregano, onion powder, coriander, cilantro, paprika, parsley)
- ✓ Nuts (walnuts, pecans, almonds, macadamia nuts, etc. but no peanuts)
- ✓ Seeds (hemp, chia, flax, pumpkin, sesame)
- ✓ Grass-fed butter, clarified butter or ghee
- ✓ High-quality coffee (if you drink coffee)

Stock Your Toolbox Supplements

We all need a foundational amount of nutrients to help our bodies burn calories efficiently, regulate appetite, cool inflammation, optimize gut flora and help our cells become more insulin sensitive. Though you will be fueling your body with real food that is packed with vitamins and minerals on this plan, you will likely still need help to achieve optimal levels.

That is why I recommend the following basic supplements to optimize your body's fat-burning and repair mechanisms. You can purchase these as a full pack for ease and convenience at www.eatfatgetthin.com/resources, or purchase them individually at your local health food store. But be cautious about which brands and products you pick. You want to use brands that are free from contaminants, fillers and allergens like gluten (which was recently found in many probiotics).

I recommend the following:

- A high-quality **multivitamin and multimineral** supplement, daily as directed
- 2 grams of purified **fish oil** (EPA/DHA), daily
- 2,000 units of **vitamin D3**, which helps insulin function, daily
- 300 to 400 milligrams of **L-carnitine**, twice daily. Carnitine helps transport fat into your cells so you burn fat more effectively and boost your metabolism
- 30 milligrams of **coenzyme Q10**, twice daily. This is a critical nutrient for turning food into energy.
- 100 to 150 milligrams of **magnesium glycinate**, 1 capsule twice daily. Magnesium is the relaxation mineral and helps improve anxiety, improve sleep, improve blood sugar control, and even cure muscle cramps. Check with your personal physician if you have any kidney issues before introducing magnesium as a supplement.
- **PGX** (in powder or capsule form)—a super fiber to slow blood sugar and insulin spikes that can also cut cravings and promote weight loss. Take 2 to 5 grams, just 15 minutes before every meal with a large glass of water. This can be taken in powder form (½ to 1 scoop) or in capsule form (3 to 6 capsules); the powder form tends to work better. If you have night cravings or night eating, you can also take an additional dose after dinner.
- 10 to 20 billion CFU **Probiotics**, daily. CFU stands for colony forming units

- 1 to 2 tablespoons **MCT Oil**, daily. This is a super fat derived from coconut oil that speeds up your metabolism and fuels your brain. You can add it to your shake or put on a salad. You can find out where to buy MCT Oil at www.eatfatgetthin.com/resources.
- **Electrolytes**: E-Lyte (a liquid electrolyte solution) 1 to 2 capfuls, daily
- **Potato starch**: Add 1 to 2 tablespoons to 8 ounces of water, twice daily, to help balance your blood sugar and feed the good gut bugs, both of which help promote weight loss. We suggest Bob's Red Mill Organic Potato Starch.

Record Your Measurements

Take the following measurements the day before you start the plan and record them in your journal:

Your weight: Weigh yourself first thing in the morning without clothes and after going to the bathroom.

Your height: Measure your height in feet and inches.

Your waist size: Using a tape measure, find the widest point around your belly button, not where your belt falls.

Your hip size: Again using a tape measure, find the widest point around your hips.

Your thigh circumference: Measure the widest point around each of your thighs.

Your blood pressure: This can be done by your doctor, at the drugstore or at home if you want to purchase a basic home blood pressure cuff.

Get Tested by Your Doctor (optional)

The tests I recommend include:

- **Insulin response test**, which is like a two-hour glucose tolerance test but this one also measures insulin. It is done by measuring both insulin and glucose, when fasting and then again at one- and two-hour intervals, after consuming a 75-gram glucose drink.
- **Hemoglobin A1c**, which measures your average blood sugar over the past six weeks. Anything 5.5 percent or above is considered elevated; over 6.0 percent is diabetes.
- **NMR lipid** (cholesterol) profile, or Cardio IQ test, which measures LDL, HDL and triglycerides, and the particle number and particle size of each type of cholesterol and triglycerides. (These are newer tests, but I would demand them from your doctor, because the typical cholesterol tests done by most labs and doctors are out of date.) These tests can only be obtained through LabCorp or Quest. You can find a link to these sites at www.eatfatgetthin.com/resources.

Here is what to look for.

- **Total cholesterol** – ideally under 200 mg/dl but this matters less than the overall profile. If your total cholesterol is 300 mg/dl and your HDL is 100mg/dl, then that is much better than a total cholesterol of 150 mg/dl and an HDL of 30 mg/dl
- **LDL cholesterol** – ideally under 100 mg/dl but more important is the total particle number which should be under 1000 and the small LDL particle number which should be less than 400 (or even lower)
- **HDL cholesterol** – ideally over 50 mg/dl for men and over 60 mg/dl for women
- **Triglycerides** – okay if under 100 mg/dl; ideal if under 70 mg/dl
- **Total cholesterol to HDL ratio** less than 3:1
- **Triglyceride to HDL ratio** less than 2:1/ ideally 1:1 (if it is over 3:1, then you almost certainly have carbohydrate intolerance)

Join the Community

Losing weight and getting healthy is a social activity! You *can* do the program alone. But if you find a buddy, join or create a group, or join our online community (www.Drhyman.com/community), you will not only find support for your journey but also friends to help if you have questions or feel discouraged – and you will likely achieve twice the results as when you go it alone.

Preparation Phase Checklist

- ☐ Completed kitchen makeover
- ☐ Stocked pantry and fridge with essential staples
- ☐ Purchased supplements
- ☐ Taken all body measurements and noted in journal
- ☐ Completed any optional testing
- ☐ Checked with your doctor before beginning the program

Once all are checked, you are ready to begin the program. Let's get started!

Your 21-Day Plan to

Your *Eat Fat, Get Thin* 21-Day Plan is very simple and easy to follow. I designed it that way to give you a working template so you can learn for yourself the essentials of how and what to eat to maximize weight loss and optimize your health.

STAGE 3

Experiencing the 21-Day Plan

Your Daily Meals

Here's a snapshot to show you just how filling and satisfying your meal plans will be each day. Remember – this plan isn't about starvation and deprivation...it's about filling you up and fueling you for an energetic, vibrant day. Meal suggestions are just that – suggestions; you will find full recipes and other options in the *Eat Fat, Get Thin* Recipe Planner and Meal Guide.

Breakfast	Fat, proteins and vegetables / Smoothie
Snack (Optional)	Any of the approved foods
Lunch	25% protein and 75% non-starchy vegetables
Snack (Optional)	Any of the approved foods
Dinner	25% protein and 75% non-starchy vegetables + ½ to 1 cup of starchy vegetables (optional)

What to Eat/What to Avoid

Here are the basic guidelines of what you'll be eating each day, and what to avoid.

	Focus on ...	Avoid...
Fat	<p>Organic coconut milk, cashew milk, hemp milk, almond milk</p> <p>Avocado, nuts & seeds, nut butters, olives</p> <p>Extra-virgin olive oil, extra-virgin coconut oil, MCT oil, avocado oil, macadamia oil, walnut oil, almond oil, grass-fed butter, ghee</p> <p>Fresh or water-packed fatty fish (sardines, mackerel, herring, black cod, wild salmon)</p>	<p>Dairy products except for grass-fed butter and ghee</p> <p>All refined oils (corn, canola, soy, sunflower, safflower)</p>
Protein	<p>(All grass-fed) Lamb, venison or elk, ostrich, bison, beef</p> <p>(All organic) Eggs, chicken, duck, turkey</p>	<p>Beans, legumes</p> <p>Processed meats (bacon, salami, canned meats, hot dogs, deli meats)</p>
Carbohydrates	<p>Raw, steamed, roasted, or sautéed non-starchy veggies</p> <p>If adding starchy veggies ½ to 1 cup allowed up to 4 times a week at dinner (sweet potatoes, winter squash, pumpkin, beets, rutabaga, parsnips, turnips)</p>	<p>Gluten, all grains</p> <p>All fruit (with the exception of berries, pomegranate seeds, watermelon, lemon, lime, kiwi)</p>
Drinks	<p>Hot lemon water, sparkling water, herbal or green teas, Bulletproof® coffee or tea, bone broth</p>	<p>Soda, diet soda, milk, fruit juices, sports drinks, alcohol</p>
Condiments, Spices, Etc.	<p>Sea salt, tahini, almond flour, coconut flour, arrowroot, unsweetened/ alcohol-free vanilla extract, cocoa powder, apple cider vinegar, balsamic vinegar, gluten-free tamari, organic vegetable & chicken stock, Dijon mustard, black peppercorns, dried or fresh herbs and spices</p>	<p>Additives, dyes, preservatives, MSG</p> <p>Artificial sweeteners (Splenda, Equal, Aspartame, Sorbitol, Xylitol, Stevia)</p> <p>Natural sweeteners (honey, maple syrup, raw sugar, etc.)</p>

Supplement Protocol

Supplement	Dosage
Multivitamin	Take as directed on the label, daily
Purified fish oil (EPA/DHA)	2 grams, daily
Vitamin D3	2,000 IU, daily
L-carnitine	300 to 400 milligrams, twice daily
Coenzyme Q10	30 milligrams, twice daily
Magnesium glycinate	100 to 150 milligrams, twice daily
PGX (powder or capsules)	2 to 5 grams, just before each meal; optional additional dose after dinner if needed to control cravings
Probiotics	10 to 20 billion CFU, daily
MCT oil	1 to 2 tablespoons, daily
Electrolytes (E-Lyte)	1 to 2 capfuls in 8 ounces of water, twice daily
Potato starch	1 to 2 tablespoons in 8 ounces of water, daily

Your Daily Schedule

Here is your daily schedule for the *Eat Fat, Get Thin* 21-Day Plan:

Morning:

- Begin the day with 30 minutes of brisk walking (or any other workout)
- Before breakfast take 2 to 5 grams of PGX fiber: 3 to 6 capsules or ½ to 1 scoop of the powder in large glass of water
- Take your supplements with breakfast
- Take your MCT oil
- Have your shake or breakfast
- Enjoy a mid-morning snack (optional)
- Drink water (at least 4 glasses throughout the morning)

Afternoon:

- Before lunch, take 2 to 5 grams of PGX fiber
- Eat lunch
- Enjoy a mid-afternoon snack (optional)
- Drink water (at least 4 glasses throughout the afternoon)

Evening:

- Take PGX before dinner
- Eat dinner
- Take your second dose of supplements with supper
- Add at least 1 capful of E-Lyte to 8 ounces of water
- Do one or more of your relaxation practices (alternatively, this can be done any time of day that works best for you)
- Optional: 1 tablespoon potato starch in water before bed
- Get 7 to 8 hours of sleep

A Note About Snacks

To keep energy and blood sugar levels even, this plan is designed to include two optional snacks a day. If you are feeling a bit hungry in between meals, enjoy any of these easy snack options:

- A handful of raw nuts
- Raw veggies with almond or cashew butter, olive tapenade or tahini
- ½ avocado sprinkled with sea salt, lime or lemon juice, and pepper

Transition Phase

Once the 21 days is over, you might wonder “So what now?” What happens now that you’ve gotten the toxic, health-robbing, waistline-sabotaging foods and substances out of your system and replaced them with whole, real fresh food, with a healthy dose of good fats? Where do you go from here to continue your health and weight loss journey?

Those are all excellent questions that I’ll answer in a moment, but before we get to that, I want to ask *you* a question: How do you feel? What’s changed for you over the past 21 days? Because as I’ve said all the way through, you are your own best judge of what works for your body. My aim with this plan was not only to empower you with knowledge about fats and free you from “fat fear,” but also to empower you with the tools you need to be able to answer for yourself – now and forever – the question, “What should I eat to achieve (or maintain) my healthiest, happiest and slimmest self?”

STAGE 4

Transitioning to your plan for life

Next Steps

- Re-take your quizzes
- Re-check your measurements
- Re-check your lab tests

Based on your results, you can now select a transition plan from the following options that works best for you and your long-term health goals.

Transition Plans

Option 1: Continue with the Eat Fat, Get Thin 21-Day Plan

I suggest staying on the *Eat Fat, Get Thin* Plan if you:

- Want to lose 25 pounds or more
- Have diabetes and want to reverse it
- Are on diabetes medication or insulin and want to get off them
- Have high triglycerides and low HDL (good cholesterol) and want to get off statin medication
- Have high blood pressure and want to get off medication
- Just feel so great and want to keep going to experience greater levels of wellness

Option 2: The Pegan Diet

The transition into the Pegan Diet happens in two phases.

First, you'll follow a basic version, as a way to keep the healing and weight loss going while reintroducing legumes (beans and lentils) and ½ cup per day of non-gluten grains. Ideally, I encourage you to stay on this phase of the transition for at least three months.

After three months, you can move on to the second phase, which allows for more flexibility. During this second phase, there are options to test and add back in small amounts of gluten, dairy and treats. If, after testing, you determine you're okay with gluten, dairy and the occasional treat, I encourage you to incorporate those options only sparingly, for all the reasons you've learned throughout this program.

In the pages that follow, I'll walk you through exactly when and how to test these foods and the best ways to include them in your diet, if you choose, in a balanced, smart way. This is indeed a diet meant for life, as it allows for great flexibility and enjoyment of good food that supports your healthy new lifestyle.

The Pegan Diet: Phase 1

Transition to Phase 1 of the Pegan Diet if you:

- Want to continue to get the benefits of the *Eat Fat, Get Thin* 21-Day Plan and add beans and/or non-gluten grains back to your diet to see how you respond to them (some people with diabetes can't tolerate beans because they contain enough starch to spike blood sugar, as well as lectins that create inflammation and weight gain)
- Have normal blood sugars and blood pressure but still want to continue with weight loss or still have belly fat
- Have any health conditions, inflammation or generally don't feel fabulous
- Don't have a history of heart disease or diabetes
- Have lab tests that show you still have high triglycerides, low HDL, small LDL particles, high blood sugar, and insulin which means you have insulin resistance

Here is the protocol for Phase 1 of the Pegan Diet:

- Continue to eliminate all gluten- and flour-based products (including gluten-free) and dairy (except grass-fed butter or ghee).
- Continue to eliminate all forms of sugar and sweeteners.
- Continue to avoid processed foods.
- Avoid overdoing it on fruit (stick with ½ cup to 1 cup per day of berries, pomegranate seeds, watermelon, kiwi, lemon or lime).
- Avoid inflammatory beverages (alcohol, soda or sweetened drinks of any kind, and juice).
- Include up to ½ cup per day of gluten-free grains in their whole-kernel form: quinoa; black, brown, or red rice; buckwheat.*
- Include as many nonstarchy vegetables as you want in all meals and snacks.
- If you like, include one serving of a starchy vegetable at dinner.
- Include 4 to 6 ounces of protein (eggs, fish, chicken, or animal protein) or ½ cup beans or legumes per meal.*
- Have 4 to 5 servings of healthy fats per day (e.g., ½ to 1 avocado, or 1 tablespoon extra-virgin olive oil, grass-fed butter, clarified butter, walnut oil, sesame oil, extra-virgin coconut butter or oil, or nut or seed butter such as almond or cashew). See page 218-220 in Chapter 13 of my book *Eat Fat, Get Thin* for a review of your good fat options.
- Continue with your daily practices: 30 minutes of exercise, supplements, relaxation, and 7 to 8 hours sleep.

- Use your favorite recipes from the *Eat Fat, Get Thin* recipes, or check out *The Blood Sugar Solution Cookbook* or *The Blood Sugar Solution 10-Day Detox Diet Cookbook* for more recipe ideas. Avoid the recipes with gluten or dairy and the desserts.
- Continue to take the same supplements that you have been taking during the *Eat Fat, Get Thin* 21-Day Plan. You can order them at www.eatfatgetthin.com.

*As you reintroduce beans or non-gluten grains, it is important to notice how you feel. How is your digestion? Are you bloated? Are you tired? Are you gaining weight or still losing weight? Do you have any other inflammatory symptoms? Your body is the best feedback mechanism. It will tell you exactly what works and what doesn't, what feels good and what doesn't. If reintroducing these foods doesn't work for you, then stay off of them for three months and try again. Sometimes it takes a while to reset your body, and after a time you can broaden your diet without side effects.

The Pegan Diet: Phase 2

You've met your weight loss goals... your health is where you want it to be... you feel fabulous and scored well on the FLC quiz. It's time to become a lifelong Pegan! Phase 2 of the Pegan Diet is similar to the basic Pegan Diet but allows for more flexibility. It introduces gluten and dairy (to see if you can tolerate a little bit) and, if you wish, some treats.

Here is the protocol for the lifelong Pegan Diet:

- Avoid liquid sugar calories such as soda or juices (fresh green juices are fine).
- Continue to eliminate all artificial sweeteners - now and forever!
- Minimize all forms of sugar, but especially avoid foods with added sugars. You can always add a little bit of sugar, maple syrup or honey to the food you cook yourself. That way you know exactly how much you are getting. Note that you should watch to see if any sweetener (sugar, maple syrup, honey, etc.) triggers an addictive pattern of eating. If so, you may have zero tolerance, and I'd encourage you to stay away from any type of sugar or sweetener and get your "sugar" exclusively from whole fresh fruit.
- Enjoy a little alcohol if you want (optional). One glass of wine or alcohol, three to four times a week can eventually be well tolerated by most people. Just pay attention and notice how alcohol makes you feel. Avoid all other liquid sugar calories.
- Continue to avoid processed foods.

- Include as many nonstarchy vegetables as you want in all meals and snacks. Remember, if 50 to 75 percent of your plate is filled with nonstarchy vegetables, you're on the right track.
- Include up to ½ cup of gluten-free grains in their whole-kernel form: quinoa; black, brown, or red rice; buckwheat.
- Avoid all processed grains or flours (with the exception of the pasta you will use to test gluten according to the instructions provided in the section following, "Reintroducing Gluten and Dairy").
- Include ½ to 1 cup of nutrient-dense starchy vegetables such as sweet potatoes and winter squash.
- Include ½ to 1 cup of low-glycemic fruit such as apples, pears, berries, pomegranate seeds, watermelon, kiwi, lemon and lime. Up to 1 to 2 servings per day.
- Include a moderate amount of beans and legumes, ½ to 1 cup cooked or canned per day.
- Continue with your daily practices: supplements, 30 minutes of physical exercise, relaxation, hydration, and 7 to 8 hours of sleep.
- Use your favorite recipes from *Eat Fat, Get Thin*, or experiment with some new ones from *The Blood Sugar Solution Cookbook* or *The Blood Sugar Solution 10-Day Detox Diet Cookbook*.
- Reintroduce gluten and dairy, as instructed on the following page.

Reintroducing Gluten and Dairy

The process for reintroducing gluten and dairy is slow and systematic. This is a unique chance to really see how your body tolerates these high-sensitivity foods. We want to add these foods to your diet responsibly and without compromising all your hard work. Here are the steps I recommend:

Start with dairy:

1. Eat it at least 2 to 3 times a day for three days. Stick to plain milk or plain yogurt without anything added to see how you feel.
2. Track your response for the next 72 hours using a food log.
3. If you have a reaction, stop dairy immediately.

Then, wait at least 3 days before testing gluten:

1. Eat foods containing gluten at least 2 to 3 times a day for three days. Use only plain wheat without added ingredients. The best thing to try is pasta, because most breads also contain yeast and sugar. Or you might try cream of wheat cereal for breakfast.
2. Track your response for 72 hours using a food log.
3. If you have a reaction, stop gluten immediately.

Frequently Asked Questions

Q. What do I do if I don't feel good on the program?

A. It's not uncommon for the body to have a strong reaction when you stop feeding it the processed foods and chemicals it is accustomed to, or when you get off inflammatory foods, or foods to which you are addicted. As I wrote about in my book, *The Blood Sugar Solution 10-Day Detox Diet*, most people are trapped by food addictions that have been chemically engineered by the food companies to keep us biologically hooked on their sugary, salty, processed "non-food." We're cleaning out your system of these toxic foods and drinks, and just like any detox, that can cause some uncomfortable reactions like achy, flulike feelings, irritability, nausea, headaches, and brain fog. The good news is that the discomfort usually passes within 48 hours. See below for my tips on how to help alleviate detox symptoms.

Tips for Easing Your Detox

- Take a sauna, get a massage or do gentle stretching or yoga to flush out your circulation and lymphatic system.
- Make sure your elimination system is running smoothly! If you are backed up, so, too, will be the toxins you're trying to flush out. See page 232 of my book *Eat Fat, Get Thin* for how to combat constipation.
- Drink plenty of water to flush out the toxins.
- Get up and get going! Did you know that your lymph system only works through the contraction of your muscles. Light exercise gets everything circulating and flushes out the lymph or fluid that transports the toxins out of your body. So get contracting!
- Take 2,000 milligrams of buffered vitamin C, once or twice daily
- Get plenty of rest. Naps or lying down for 10 minutes are good things.
- Trust the process. These symptoms are a sign that your detox is working, and you're only days away from feeling lighter, cleaner and more energized than you ever have before.
- Add 1 capful of E-Lyte to 8 ounces of water, twice a day, to make sure you are fully hydrated. The electrolytes help with intracellular hydration which is what most of us need.

Another culprit for feeling rundown or just generally crappy may be that you're not getting enough salt. When you cut down on the sugar and unhealthy carbs, you dump fluid and water from your kidneys, along with salt. This causes a contraction of your blood volume and a general feeling of dizziness, weakness and generally feeling crappy. So be sure you are getting at least 1 to 2 teaspoons of sea salt daily

in your food. If you have salt sensitive blood pressure or heart failure, be sure to monitor your blood pressure and symptoms. If you use E-Lyte (at least 1 capful in 8 ounces of water, twice a day), it can have profound benefits of rehydration and replenishment. It tastes like salty water but it is so worth it for how it makes you feel. I use it all the time!

Q. What if I have digestive issues during the program?

A. As you optimize your diet, your body adjusts to the positive bacteria changes in your gut. There are many reasons you might develop issues. Some people are not used to eating fat and it can cause loose stools. It may take a little more time to adjust or you may need some digestive enzymes. Changing your diet and not drinking enough water can cause constipation, especially if you increase fiber such as PGX. Without water, fiber turns to cement in your intestinal tract.

If you have bacterial overgrowth, you can add resistant starch, which can cause bloating or gas. Take a comprehensive digestive enzyme to help break down fats (lipase), proteins (proteases) and carbohydrates (amylases). Plant or animal-based enzymes are both okay; just make sure you choose one that doesn't contain any fillers, gluten, dairy, dyes or binders. I like Digestive Enzyme Ultra (2 capsules with each meal) by Pure Encapsulations. Find how to get it at www.eatfatgetthin.com/resources.

If you are constipated, see below for tips on how to safely and easily get your elimination system in gear.

Tips to Combat Constipation

- First and foremost, be sure you are drinking enough water to clean out your bowels. The PGX fiber can really stop things up if it is not taken with enough water! Be sure to drink at least one full glass of water with each dose of PGX.
- Sprinkle ground flaxseeds into your salads or smoothies. They are high in fiber and absorb a lot of water and help you go to the bathroom.
- Increase the amount of daily magnesium supplement to 600 to 1,000 milligrams until the constipation is alleviated. If you take too much you will get loose stools, so you may need to adjust to find the right level. *If you have kidney failure check with your personal physician before taking magnesium.*
- Take 1,000 to 2,000 milligrams of buffered vitamin C, once or twice a day. You can even increase it to 2,000 to 4,000 milligrams, once or twice a day, to help you go. As with magnesium, just ease up on the amount if you get loose stools.
- Get up and get moving! Exercise is one of the best ways to kick start your elimination system into gear.
- If none of these strategies work, you can take an herbal laxative such as cascara, senna or rhubarb at bedtime for short-term relief. I like Laxablend, which you can find at www.eatfatgetthin.com/resources. If those don't work, try liquid magnesium citrate or use a glycerin or bisacodyl suppository or an enema. If still nothing, it's time to check in with your doctor, as something else is likely going on.

If you are still having problems, then read my free ebook *Beyond Food: Other Causes of Obesity and Damaged Metabolism* and follow the section on "How to Tend Your Inner Garden." You can download it at www.eatfatgetthin.com/resources. If you are still not better, then see a Functional Medicine practitioner.

Q. I am feeling exhausted on the program. What's wrong with me?

A. First, and most obviously, be sure you are getting enough sleep each night. Poor quality sleep or not enough sleep will sabotage your efforts at weight loss and optimal health. It will alter your appetite signals making you crave carbs and sugar and will slow your metabolism. If you are getting enough quality sleep and are still fatigued, it may be a signal that your body needs additional carbohydrates or protein (especially if you are exercising often or vigorously). If you aren't already eating a starchy carbohydrate like sweet potato or winter squash with dinner, consider adding that in now. You can also increase your protein intake throughout

the day. Keep track in a journal of how you feel as you increase these items to help you land on the optimal amount for your individual body.

Q. I am not losing as much weight as I did at the beginning, what's going on?

A. There could be a few reasons for this that may require further evaluation for hormonal, inflammatory, gut, toxin problems, genetics or more. To learn more about why you may have hit a plateau and how to address it check out my free ebook *Beyond Food: Other Causes of Obesity and Damaged Metabolism*. You can download it at www.eatfatgetthin.com/resources. But first, let's start with the easy and often most common causes:

- Hidden gluten, dairy or sugar or sugar substitutes are slipping into your diet (or other potential allergens like soy or peanuts, or hidden additives, preservatives or other chemicals). I encourage you to read labels carefully and/or just cook at home for a while, to minimize exposure to these.
- Carbs - your body may require more or less carbohydrates.
 - For some people, a very low carbohydrate diet may not be optimal. If you are stuck and have hit a weight loss plateau, try adding in the starchy veggie at dinner, if you are not doing so already. If that doesn't help you break through the plateau, then it may be useful to see a Functional Medicine doctor to evaluate other causes of weight loss resistance such as low thyroid function, adrenal dysfunction, intestinal bacterial overgrowth and leaky gut, overload of toxins, latent infections, mitochondrial dysfunction or more.
 - For those who are very carbohydrate intolerant, you may need to cut way down on carbs in order to reset your body system. If you are diabetic or pre-diabetic, if you have high triglycerides or very low HDL, and if you have extra belly fat, then you are most likely very carbohydrate intolerant. Cut out the starchy veggie at dinner and all fruit, and record how you feel (energy level, mental sharpness, digestive functioning, etc.) and your results over the next few days. You may need to experiment to get to the right level of carb intake, and the best way to do this is to track it closely.
- Coffee (if you are drinking any) is having a negative effect on your system. Do a trial of going cold turkey on the coffee and continue on the program to see

if this is the case. Try my simple method for cutting out caffeine on page 33 for tips on minimizing any discomfort from caffeine withdrawal.

- Not adhering closely to the program. The meal recommendations, supplements and practices are all scientifically designed to work in tandem, which is why I encourage you to follow the program to the letter. Record your meals, exercise and sleep to make sure you are staying on track. If you need extra support, seek out a health coach or a life coach. I recommend you work with the Handel Group (www.handelgroup.com).
- Thyroid or stress hormones can be out of balance, requiring special care from a Functional Medicine doctor. Go to www.functionalmedicine.org to find a practitioner in your area. You can also check out my ebook, *The UltraThyroid Solution* at www.eatfatgetthin.com/resources.
- Toxic overload in the body. Heavy doses of environmental toxins and heavy metals can interfere with metabolism and weight loss, and may require a more comprehensive detoxification program. Again, seek out a Functional Medicine doctor for help with this by going to www.functionalmedicine.org to find one.

If none of the above helps you break through the plateau, then it may be useful to see a Functional Medicine doctor to evaluate other causes of weight loss resistance such as low thyroid function, adrenal dysfunction, intestinal bacterial overgrowth and leaky gut, overload of toxins, latent infections, mitochondrial dysfunction or more. You can always book an appointment with one of our team members at The UltraWellness Center in Lenox, Massachusetts (www.ultrawellnesscenter.com) or at the Cleveland Clinic Center for Functional Medicine in Cleveland, Ohio (my.clevelandclinic.org/services/center-for-functional-medicine).

Q. I quit coffee cold turkey and feel horrible. Any tips?

A. Kicking the caffeine to the curb is easier than you might think...if you follow the right protocol. Here's how to make it as painless as possible:

- Do it slowly. Reduce your caffeine intake by half on the first day, then by another half on the second day, and then down to zero.
- To reduce headaches, drink lots of water, do gentle exercise and take 1,000 milligrams twice a day of buffered vitamin C
- If needed for headaches, try 400 milligrams of ibuprofen. I don't believe in unnecessary suffering!
- If you're tired, nap. Ideally you can quit caffeine on a weekend to allow yourself some extra rest as needed.