



OBESITY AND FATTY LIVER

NUTRITION GUIDE

ADOPT THE 8's FOR A HEALTHIER YOU



Positive Mindset

Use at least 8 minutes to start your day engaging in, singing/listening to classical music, reading inspirational quotes, prayer, positive thoughts or self talks.



Hydration

Drink at least 8 cups (8oz) water daily.



Nutrition

Follow my 4+4 Diet Plan.



Intermittent Fasting

Consume all your meals within 8 hours daily (for example, 8:00 AM – 4:00 PM, 9:00AM- 5:00 PM). Fast 16 hours daily.



Mood stabilization

with 8 minutes of sunlight daily.



Physical Activity

Eight repetitions of 5 minutes interval exercise routine daily: 4 minutes moderate intensity, 1 minute cool down (example 4 minutes speed walking and one minute normal pace walking, repeat this 8 times).



Disconnect

Use at least 8 minutes to end your day with thoughts of gratitude, forgive those who may have wrong you.



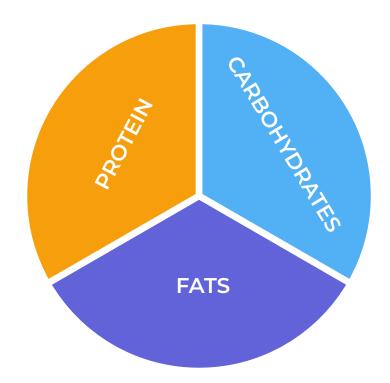
Recharge

Aim to obtain 8 hours of restful sleep daily, try to be in bed before 11:00PM.

FOUR + FOUR NUTRITION PLAN:



MACRONUTRIENTS:



ENERGY PROVIDING FOODS THAT THE BODY NEEDS IN LARGE QUANTITY

G - Food group (GOOD, GO, GREEN)

PROTEINS

Legumes

black beans garbanzo beans (chickpeas)

navy beans kidney beans pinto beans

lima beans lentils red beans

soybeans split peas **Others**

tofu nuts tempeh seeds

CARBOHYDRATES

Wild rice Brown rice Quinoa

Whole wheat pasta Sweet potato Rye

Barley

Bulgur wheat

Potato Legumes

Vegetables

Fruits

FATS

Avocado Seeds Nuts Olive

MICRONUTRIENTS

(Essential elements needed by the body in very small amounts)

Vitamins and Minerals.

S-FOOD GROUP

("STOP or SICKNESS" GROUP)

The foods should be removed from diet or if used, try to keep at 10% of plate or time.

Fried foods

Meats Fish

Cheese

Eggs Sugar Coffee

White rice White flour Oil

Meal Plan for Obesity and Fatty Liver

Daily Detoxification Fluid – 12 oz warm water with $\frac{1}{2}$ inch ginger, $\frac{1}{2}$ inch turmeric (grated), 2tbsp lemon juice. Take before breakfast.

BREAKFAST

- Day 1. Smoothie: $\frac{3}{4}$ cup chopped cabbage, $\frac{3}{4}$ cup chopped kale, 1 cup spinach, 2 stalks celery, 1 medium green apple, $\frac{1}{2}$ ripe banana, $\frac{1}{2}$ 1 cup ice or water (16 oz).
- Day 2. Mushroom & Spinach tacos (2 corn tortillas or one whole wheat tortilla and one apple or pear.
- Day 3. Overnight Oats with berries and ripe banana (8 oz oats plus 4-6oz chopped fruits)
- Day 4. Fruit bowl with 2 tablespoon chia and Itablespoon flax seeds.
- Day 5. Avocado black bean toast and ½ grape fruit.
- Day 6. Smoothie: 1 cup frozen berries, 1 ripe banana, 2 tbs chia, 1 tbs flax, 3/4 cup non-diary milk.
- Day 7. Make It Yourself

LUNCH

- Day 1. Coconut Curry Chickpea, brown rice and steamed broccoli and mixed green leafy vegetables.
- Day 2. Bean Chili and corn bread or corn tortillas and a salad.
- Day 3. Roasted Vegetable Delight, with Raw Vegetable Salad
- Day 4. Mashed Cauliflower and White Beam with Lentil patties.
- Day 5. Baked Falafel with pita-pocket, lettuce and tomatoes.
- Day 6. Eggplant Zucchini baked with Meatless Balls.
- Day 7. Make It Yourself

DINNER

- Day 1. Lentil Vegetable Soup (12 oz) and ½ grapefruit.
- Day 2. Pasta Primavera and an apple.
- Day 3. Black Beans, Corn Quinoa Salad
- Day 4. Hummus and vegetables
- Day 5. Purple cabbage-onion-celery soup, fruit bowl
- Day 6. Fruit bowl with 2 tablespoon chia and 1 tablespoon flax seeds.
- Day 7. Make It Yourself

UNDO OBESITY AND FATTY LIVER DISEASE

Disease	Food or Nutrient	Function
Obesity	Diuretic foods (watermelon, berries, grapes, celery, onion, garlic, asparagus, bell pepper)	Their effect helps with the elimination of fluid and sodium and helps with weight loss.
	Pineapple	Eaten before a meal helps curb appetite. Also has diuretic properties.
	Sweet Potato	Good source of complex and easily digestible carbohydrate. It produces satiety, and relieves hunger for several hours.
	Cherries	Do not contain fat or sodium, have diuretic and detoxification properties. Should be eaten slowly.
	Cabbage	Provides a feeling of satiety due to its high fiber. It also has a low-calorie content which can help create a caloric deficit and thus promote weight loss.
	Broccoli	It is low in calories and sugars. Provides a source of vitamins A and C making suitable for weight loss.
	Seaweed	It functions by retaining water in the stomach due to its mucilage structure, hence stretches the stomach and give the feeling of satiety.
	Zucchini	It has diuretic properties and also has a smoothing effect on the digestive tract, making it suitable for weight loss.
	Asparagus	It nourishes without weight gain due to its high protein and low-calorie content. It is also rich in fiber.
	Garcinia	Derived from a Southeast Asian fruit, it acts as an appetite reducer.
	Spirulina	Used as a dietary supplement in weight loss. It is rich in proteins vitamins and iron, but extremely low in calories.
	Lettuce	Good source of vitamins and minerals but few calories. Produces feelings of satiety.
	Cucumber	Rich in mineral, low in fat and calories.
	Peach	Contains low calories, helps with the elimination of acidic wastes. Good source of vitamins A and C. Provides satiety.
	Grapefruit	Functions as a depurant. Contains vitamins A, B1 and C and other minerals and fiber.

Disease	Food or Nutrient	Function
	Mushroom	Contains low calories and produces a satiety effect.
Obesity	Cherimoyas	Have a high carbohydrate content and produce satiety.
	Bell peppers	Contain vitamins A and C but are low in calories and carbohydrates.
	Turnips	They have a low-fat content, few calories and are easily digested.



