

Core-22 Custom Food Plan

Prepared for Dr. Richard Schmitt on April 8th, 2024

Refer to the food plan after learning the principles, you have your supplements, and you are prompted to start.

How to Eat During Step 3 - Preparation

When you are ready to start, you will be prompted to begin eating 50% more than you would typically eat in a day that you are not dieting. You will do this for two days. Each morning you will log in, enter your weight, and answer the feedback questions. On the third day, when it's time to move to the next step, the system will tell you exactly what to do.

- Eat and drink anything other than fast food, alcohol, soda, diet drinks, sugar, or iced cream.
- Eat wheat-based foods (cake, bread, pizza, cookies, muffins, pancakes) only when combined with protein. e.g. (Toast with bacon, sausage, or eggs), (Spaghetti with meatballs), (Pizza with sausage), Bun with hamburger or hot dog).
- Have desert or sweets but don't over do it. You don't want a sugar crash and the hunger it will cause on day three.

How to Eat During Weight Loss (Be sure to view our Cooking Videos)

Daily:

- Increase your intake of sea salt to two teaspoons (4,600 mg sodium) / day.
- Use no more than two tablespoons of olive oil or organic salad dressings per day. Use avocado or coconut sprays to cook.
- Use as much garlic, lemon, vinegar, black pepper, and organic-herbs and spices as you like to create variety.
- Have one serving of fruit as a snack at some point during the day. If you exercise, you may need more (See exercise below)
- Drink as much coffee or herbal tea as you like. (Does not count as part of the recommended water intake)
- **Drink half your body weight in ounces of water each day. At 137 lbs. you need 69 oz. of water every day!**

Breakfast:

- Eat up to two eggs or three ounces of protein from the approved list.

Lunch and Dinner: (Based on your height, gender and activity level)

- **Eat 4 ounces of seafood or meat for lunch, and the same amount for dinner.**
- Eat as many Unlimited Vegetables as you like for lunch. Same for dinner. Eat up to one handful of Limited Vegetables for lunch. Same for dinner. Both limited and unlimited vegetables are high in nutrients but provide a wider variety, so eat both for lunch and dinner. They can be eaten raw, steamed, or grilled.

When to Take Your Supplements

Note: Start taking all supplements as soon as they arrive. If you forget to take them one day, double up on the next day. There is no downside to getting more nutrients. If you miss taking them with breakfast or lunch, take them with dinner.

MicroBiome-18 – Take one a day during a gap between any two meals (e.g., halfway between breakfast and lunch)

Plant-Based Nutrient – Take 1 with breakfast

Omega 3 + D – Take 1 with breakfast and 1 with lunch

Premier Multi-Vitamin – Take 2 with breakfast and 2 with lunch

If You Plan to Exercise While on the Diet:

- Exercise will increase your rate of weight loss and make your weight much easier to maintain once you reach your goal because it burns fat for energy at a much greater rate and continues to burn it long after you stop exercising. If you exercise while losing or stabilizing your weight, there are two things you must remember, exercise compensation and exceeding your ability to burn fat can make it much harder to lose weight.
- **Exercise Compensation** – Allow yourself to eat or cheat more than usual because you exercised that day. This will negate the weight loss benefits of exercise. Pay close attention to how honestly you follow the food plan after exercising.
- **Exceeding Your Ability to Burn Fat for Energy** - Your ability to convert fat into energy is dependent on several factors including your age, health, athletic ability, and genetics. If you exercise beyond your ability, you may exhibit signs of low blood sugar. These include headache, anxiety, weakness, feeling shaky, faint, exhausted, followed by an increased hunger or cravings for sweets that can last long after the exercise ends.
- **Find the Sweet Spot** – If during or after exercise you develop signs of low blood sugar or hunger that is more intense than usual, you can either decrease the exercise intensity the next time you exercise or you can add an extra servings of fruit just before and/or after the workout. Add just enough to stop the signs of low blood sugar and added hunger but not so much that you stop or slow down you weight loss.
- If you exercise to build muscle mass, you may also want to increase the protein serving size slightly. Once you reach the maintenance phase, you will be able to exercise at any intensity because sugar reserves will not be limited.

Approved Food for Weight Loss

Seafood (*protein*) – Shrimp, crab*, wild Chilean sea bass or salmon, scallops, halibut, any white fish, sole, flounder, lobster*
Note: If at all possible, eat wild caught shrimp and fish. Farm raised will often cause inflammation and immediate weight gain.

Meat (*protein*) – Lean Beef (Top Round/London Broil, Chuck Roast, Filet Mignon). Chicken, Lamb, Turkey, Venison, veal, and free-range wild game except for pork and duck. Eggs for breakfast.

Note: Ground beef on occasion (organic, grass-fed only)

Fruit – Unlimited Lemon or lime*, 1 cup of strawberries, raspberries, blueberries or blackberries, ½ grapefruit*, 1 small apple.

Unlimited Veggies*: spinach*, kale*, chard*, beet greens*, lettuce*, celery*, cilantro*, arugula*, mushrooms

Limited Veggies*: tomatoes*, radishes*, fennel*, cucumbers*, cabbage*, onions, broccoli, asparagus, eggplant, Brussels sprouts, green and red peppers*, cabbage, cauliflower, turnips, squash, zucchini, beets, (avocado – 1/day max)

Seasonings – Lemons, white or black pepper, thyme, sea salt, garlic, basil, parsley, organic herbs, mustard, apple cider or balsamic vinegar. **Seeds** – fennel in minimal amounts

Tea / Coffee – Brewed coffee, tea from bags or leaves (caffeinated or non-caffeinated, organic if possible) Never powdered, bottled, or canned.

Core 22 Salad Dressing - This is a great salad dressing or meat marinade to use during the diet. Use as much as you like to flavor approved foods. One cup organic cider vinegar, one tablespoon pink Himalayan salt, one teaspoon of ground black pepper, one teaspoon of pure organic coconut palm sugar, one half cup of chopped basil, one medium chopped white onion, mix, shake and let sit over night. You can also use Tessemæ's Cracked Pepper, Balsamic, or Lemonette dressings. Also, feel free to create your own using approved condiments. Be sure not to exceed your 2-tbsp./day oil allowance.

Approved Sweetener – You may use up to two tsp. of organic coconut palm sugar or up to two servings of unprocessed Stevia per day.

Note: Natural whole leaf Stevia is normally sold in the supplement isle, not where artificial sweeteners are sold. Use caution when buying Stevia. Some products are labeled “Real Stevia” or “All Natural Stevia” but the Stevia has been processed.

Examples of unapproved processed Stevia include: Truvia, Rebaudioside A, Rebiana, Stevia Eupatoria, Stevia Purpurea, Stevia Rebaudiana, Stevioside, and Pyure brand Organic Stevia.

Note: Food marked with an asterisk* is considered best in the group for weight loss. If something is not on the approved list, it's not approved. Please don't make substitutions or second guesses.

If increasing salt becomes too difficult due to taste, feel free to supplement with sea salt tablets.

Prohibited During Weight Loss

- Sugar or products containing sugar, high fructose corn syrup.
- All artificial sweeteners, honey or Agave nectar. Yes honey and Agave nectar are not approved.
- All soda, diet drinks, orange juice, juice of any kind, or crystal light.
- Fruits other than apples, grapefruits, lemons, limes or berries.
- Vegetables not on the approved list, e.g. peas, corn, white & sweet potatoes, carrots
- Wheat products including, bread, pasta, cookies, chips, cake, muffins, breakfast cereal.
- Grains including granola, oatmeal, bulgur, Quinoa, and rice
- Fast foods, genetically modified food, alcoholic beverages – (beer, wine, liquor)
- Pork, dairy products, oatmeal.
- Nuts or legumes of any kind. Chia seeds
- Do not juice any of the allowed fruits or vegetables.