

THORNE

WEIGHT MANAGEMENT PROGRAM



THORNE RESEARCH

Your best weight is whatever weight you reach
when you're living the healthiest life that you can honestly enjoy.



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WHAT IS YOUR GOAL?

In order to be successful with your weight management plan, it is important to determine why you want to achieve a different weight. Are you trying to avoid health problems, feel better, have more energy, be able to play with your children or grandchildren, sleep better, decrease medications, or live longer?

Whatever your reason, once you've identified it, you will have an easier time sticking to a program.

10 TIPS FOR MAKING MEANINGFUL CHANGE

- 01 Focus on healthy lifestyle changes
- 02 Set realistic and achievable goals
- 03 Set one goal that has nothing to do with weight
- 04 Engage in daily structured activities, including exercise
- 05 Make healthy eating a daily activity
- 06 Be sure you're adopting habits you can keep
- 07 Adopt new habits slowly
- 08 Enlist support from family and friends
- 09 Stock your kitchen with the foods you need to get started
- 10 Set a specific start date



GETTING STARTED

NOTE: Before embarking on a weight management program, be sure to consult with your health-care practitioner.

How does the weight management program work?

- Supports effective weight management
- Reduces hunger and cravings
- Promotes energy and positive mood
- Promotes loss of fat and preservation of lean body mass
- Improves metabolism and insulin sensitivity (how well insulin works in your body to help metabolize sugars and other carbs)

We recommend doing the program in two-week increments, unless otherwise advised; may be repeated for another two weeks or as many times as advised. Although we recommend a specific time frame, the idea is to develop healthy, lifelong habits.


OVERVIEW OF THE DIETARY PLAN

- MediBolic smoothies (see pages 11-12 for recipes) and other supplements, per schedule on page 3
- Each meal or snack should have one serving of protein (palm-sized unless otherwise stated; see Recommended Protein Sources page 6).
- Each meal or snack should have one serving of vegetables equal to three handfuls OR one serving of fruits equal to one handful (see Recommended Vegetables and Recommended Fruits lists, pages 7-8).
- One serving of fats daily (see Recommended Healthy Fats & Oils, page 9)
- Use other foods according to the recommendations on pages 8-9.
- Meals should be small and only one serving of each food group as outlined above.
- No meal (Breakfast, Lunch, Dinner) should provide more than about 400 calories.
- Drink water throughout the day.
- Don't eat after 10 pm. When you are hungry late at night, have one serving of fruit or nuts.

OVERVIEW OF THE DIETARY SUPPLEMENT PLAN

Nutritional supplementation is an important factor in helping to improve your metabolism. **MediBolic®** is the cornerstone supplement to this program. It's a vanilla-cinnamon flavored, vegan (pea and rice) protein powder with 12 grams of easily digestible fiber, a full complement of vitamins and minerals, and additional nutrients to support weight management and metabolism.* Additional supplementation includes **Super EPA** as a source of healthy fats and a probiotic – **FloraMend Prime Probiotic®**.

MediBolic

2 ×  ½ serving (1 scoop)
twice daily

- Provides specific support for healthy blood sugar levels, insulin sensitivity, and satiety*
- Provides 150 calories, plus 18 grams of protein, 12 grams of fiber, and 1 gram of sugar per day
- Serving size: 1 scoop (1/2 serving) in 5-7 ounces of water or liquid of choice twice daily
- If desired, fruits or other ingredients from the Allowable Food Lists (pages 6-9) can also be blended in for a more substantial smoothie (see pages 11-12 for smoothie recipes)

FloraMend Prime Probiotic

 +  1 capsule
with breakfast or morning smoothie

- Helps maintain a healthy balance of beneficial intestinal flora (the good bugs)*
- Specific probiotics (including *Lactobacillus gasseri*) have been shown to actually help waist circumference.*

Super EPA (omega-3 fish oil)

 +  2 softgels
with dinner or evening smoothie

- Helps maintain healthy levels of blood sugar and triglycerides*
- Promotes healthy insulin response*
- Provides healthy fats*
- Benefits heart health*

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

PUTTING IT ALL TOGETHER

Four sample plans (so you can individualize your plan to work for you)

SAMPLE 01

- BREAKFAST** MediBolic Smoothie and FloraMend Prime Probiotic
- LUNCH** Lunch with foods from Allowable List
- SNACK** MediBolic Smoothie
- EVENING** Dinner with foods from Allowable List and Super EPA

SAMPLE 02

- BREAKFAST** Breakfast with foods from Allowable list and FloraMend Prime Probiotic
- LUNCH** MediBolic Smoothie
- SNACK** MediBolic Smoothie
- EVENING** Dinner with foods from Allowable List and Super EPA

SAMPLE 03

- BREAKFAST** Breakfast with foods from Allowable List and FloraMend Prime Probiotic
- LUNCH** MediBolic Smoothie
- SNACK** Snack with foods from Allowable List
- EVENING** MediBolic Smoothie and Super EPA

SAMPLE 04

- BREAKFAST** MediBolic Smoothie and FloraMend Prime Probiotic
- LUNCH** Lunch with foods from Allowable List
- SNACK** Snack with foods from Allowable List
- EVENING** MediBolic Smoothie and Super EPA



EXERCISE

Try to get 30-60 minutes a day of moderate physical activity or 10,000 steps each day monitored with a pedometer, Fitbit®, or other tracker. You can break the exercise up in blocks as small as 10 minutes if that is helpful.



THE IMPORTANCE OF SLEEP

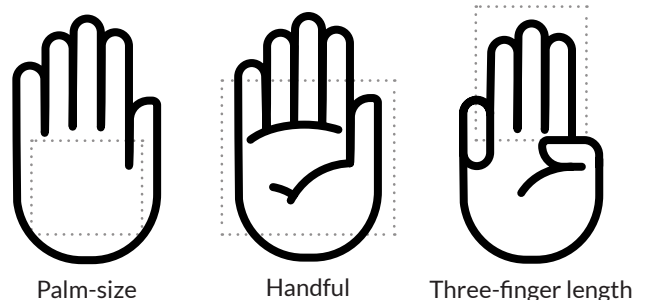
Scientific studies are increasingly showing that a lack of sleep can harm metabolism and promote weight gain. Adults need at least seven hours of sleep to have a healthy metabolism.

We don't know all the reasons why, but here are a couple: When you don't get the necessary amount of sleep you have more ghrelin and less leptin. So, what does that mean?

- Ghrelin is a hormone that signals us to eat and leptin is a hormone that signals us to stop eating.
- When these hormones are imbalanced, it's much harder to control eating behavior.

HELPFUL PORTION REMINDERS

A very easy way to get the right amount of food each day for your size is to use your hand to help you measure. You can do this for most foods on the list.



WHICH FOODS CAN I EAT?

ALLOWABLE FOODS LIST

RECOMMENDED **PROTEIN SOURCES**

One serving each meal. One serving should be the size of the palm of your hand unless otherwise stated.

Beans — 1/2 cup serving (garbanzo, kidney, mung, and fat-free refried)

Beef

Low-fat cheese (e.g., cottage cheese)

Chicken

Cornish hen

Duck

Eggs — 2 whole or 3 whites + 1 whole

Fish

Greek Yogurt (higher in protein)

Lamb

Lentils — 1/2 cup serving

Pork (avoid cured meats)

Prawns

Scallops

Shrimp

Soy Beans — 1/2 cup serving

Split Peas — 1/2 cup serving

Tofu or Tempeh — 2 palm servings per meal

Turkey

Wild Game



AVOID very fatty meats, cured meats/luncheon meats, breaded or deep-fried protein sources (sautéed in a healthy fat is fine).

RECOMMENDED **VEGETABLES**

One serving each meal. One serving should be equal to three handful-sized servings unless otherwise stated.

Alfalfa sprouts	Cauliflower	Lettuce – all types	Snow peas
Artichoke	Celery	Mushrooms	Spinach
Asparagus	Chard	Okra	Sprouts
Avocado*	Corn*	Olives	Squash
Bamboo shoots	Cucumber	Onions	Sweet potato*
Bok choy	Eggplant	Parsnips*	Tomato
Broccoli	Endive	Peas*	Turnip
Broccolini	Fennel	Pumpkin*	Water chestnuts
Brussels sprouts	Green beans	Potato*	Zucchini
Cabbage	Kale	Radicchio	
Carrots*	Kohlrabi	Radish	
Cassava*	Leeks	Sea vegetables	

*Vegetables to limit — if you choose these vegetables, use only a single handful for a serving.



RECOMMENDED **FRUITS**

One handful of fruit can replace one handful of vegetables each day.

Apples	Limes	Persimmons
Apricots	Loganberries	Pineapple
Blackberries	Longans	Plums
Blueberries	Mangos	Pomegranate
Cantaloupe	Mangosteen	Raspberries
Cherries	Mulberries	Strawberries
Cranberries	Nectarines	Watermelon
Fig (Fresh)	Oranges	
Grapefruit	Passion fruit	
Kiwis	Peaches	
Lemons	Pears	



RECOMMENDED **NUTS & SEEDS**

These can be used once per day as desired as a source of healthy fats. A serving should be about the amount you can hold on three fingers.

Almonds (or 1 Tbsp nut butter)	Pecans
Brazil nuts	Pepitas (pumpkin seeds)
Cashews (or 1 Tbsp nut butter)	Pine nuts
Coconut meat	Pistachios
Flax/Linseeds	Sesame seeds
Hazelnuts (or 1 Tbsp nut butter)	Sunflower seeds
Macadamias	Walnuts
Peanuts (or 2 Tbsp nut butter)	



GRAINS

Grains are generally limited on this diet because the added carbohydrates make weight management more challenging – especially early on. Vegetarians and vegans may need more and most individuals can add more grains as they achieve their desired weight. If you choose grains, then limit them to a small serving (a handful or less cooked) and select from the following list:



- | | |
|----------------------------|------------------------------------|
| Brown rice | Millet |
| Barley | Oats – 3/4 c. cooked (unsweetened) |
| Corn tortilla – 1 small | Quinoa |
| Kashi cereal (unsweetened) | Whole grain or rye crackers |

RECOMMENDED **HEALTHY FATS & OILS**

Use 1-2 tablespoons per day; cold pressed oils are preferable.

- | | |
|--------------------------------|---------------|
| Coconut oil | Macadamia oil |
| Coconut milk (3 Tbsp if light) | Olive oil |
| Flax oil | Sesame oil |
| Ghee (clarified butter) | Walnut oil |



HEALTH TIP: A recent study showed that cooking rice with a teaspoon of coconut oil increases a substance called resistant starch. Resistant starch is not broken down into simple sugars so this makes your grains lower in calories. The coconut oil should be added to the cooking water (not after cooking) to achieve this effect.

RECOMMENDED BEVERAGES

Water (flat or sparkling — with lemon or lime as desired)

Tea (black, green, herbal — unsweetened)

Coffee (unsweetened; small amount of milk or milk substitute is fine)

Milk (cow — non-fat or 1%, unsweetened almond, unsweetened coconut)



DRINKS TO LIMIT

Alcohol is best to avoid, but if you must it is ok to have 1-2 drinks/week from the following list:

Light beer

Guinness beer

Vodka

Light rum

Gin

Tequila

Whiskey

Scotch

Cognac

Merlot — 5 oz

Pinot — 5 oz

Cabernet — 5 oz

Chardonnay — 5 oz

Pinot grigio — 5 oz

Champagne — 5 oz

NOTE: The following mixers are OK: soda water, diet tonic, flavored sparkling water, low sodium tomato juice/V8/Bloody Mary mix.

FOODS TO GENERALLY AVOID

All refined sugars

Deep fried foods

Highly processed meats

Grains (including bread and rice)

Sweetened drinks



SMOOTHIE RECIPES

We have assembled several weight-friendly recipes for your cooking and eating enjoyment. These are but a sampling of our favorites. A more extensive collection can be found at thorne.com

APPLE PIE

INGREDIENTS

- 1 scoop MediBolic
- 4 oz Unsweetened organic applesauce
- 6-7 oz Water or milk (cow, coconut or nut milk)

NOTE: For an extra cold smoothie, freeze single serving containers of applesauce.

NUTTY VANILLA

INGREDIENTS

- 1 scoop MediBolic
- 1/8 cup Cashews blended with 2 ounces of water until creamy
- 4 oz Water
- 1/8 tsp Organic vanilla powder or vanilla extract
- 1 Tbsp Chia seeds

NOTE: For a strawberry twist, add 1/4 cup organic strawberries

COCONUT CASHEW BANANA

INGREDIENTS

- 1 scoop MediBolic
- 4-5 Finely ground cashews
- 6-7 oz Coconut Milk
- 1 Tbsp Coconut milk yogurt
- 1/2 Banana.

PUMPKIN

INGREDIENTS

- 1 scoop MediBolic
- 6-7 oz Coconut (or other) milk
- 2 Tbsp Organic pumpkin (canned)

For extra richness, 1-2 tablespoons of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy "yogurt" such as yogurt made from coconut milk can be substituted). For additional spice, a dash of pumpkin pie spice can be added.





GREEK HONEY YOGURT

INGREDIENTS

- 1 scoop MediBolic
- 6-7 oz Spring water
- 1-2 Tbsp Greek honey yogurt or non-dairy substitute



PECAN COCONUT

INGREDIENTS

- 1 scoop MediBolic
- 1/2 Tbsp Finely ground pecans
- 6-7 oz Coconut milk
- 2 Ice cubes



ALMOND CINNAMON ROLL

INGREDIENTS


- 1 scoop MediBolic
- 6-7 oz Almond milk
- Dash Almond extract

For extra richness, one tablespoon of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

CINNAMON ROLL LATTE

INGREDIENTS

- 1 scoop MediBolic
- 4 oz Almond milk
- 1/2 shot Espresso
- 1/2 Banana (for extra thickness)
- 1-2 Ice cubes



NOTE: 1 scoop is equal to 1/2 serving; two smoothies daily will provide a full recommended daily serving of MediBolic.

BREAKFAST RECIPES

EGG-SPINACH BIRD'S NEST SAUTÉ

Serves 1

INGREDIENTS

3 handfuls	Spinach
1 Tbsp	Finely chopped onion
2 Tbsp	Shredded Parmesan cheese
2	Eggs
1/2 Tbsp	Butter, ghee, or oil (olive or coconut)
	Black pepper (optional)

DIRECTIONS

Heat butter or oil in a saucepan.

Sauté the onions until translucent. Add the spinach and sauté lightly. Make into 2 bird's nest shapes and crack an egg into each one.

Sprinkle cheese and black pepper (optional) on top of egg. Cover pan and cook until egg yolks are the desired consistency.

MEDIBOLIC VANILLA CINNAMON PROTEIN PANCAKES

Serves 1 (4 pancakes)

INGREDIENTS

1 scoop	MediBolic
1 Tbsp	Almond or hazelnut meal
2 Tbsp	Water, milk, or nut milk
1	Egg

DIRECTIONS

Combine ingredients in a bowl.

In a non-stick pan, cook on moderate heat for approximately 2-3 minutes on each side. If necessary, you can use olive oil, coconut oil, or a small amount of butter to prevent sticking. Watch carefully as it may burn quickly.

Try serving buttered with a handful of mixed berries or stewed apple and cinnamon.

NOTE: To make almond or hazelnut meal, place nuts in food processor or grinder.



SPICEY SCRAMBLED TOFU

Serves 1

INGREDIENTS

- 2 palm-size** Portions of soft/silken tofu
- 3 handfuls** Diced bell pepper, tomato, summer squash, onion, and/or other vegetables of your choice
- 1 Tbsp** Olive oil
- 1 tsp** Mixed herbs of your choice
Cholula, Sriracha, or other hot sauce (optional)
Cracked pepper and sea salt to taste
Paprika to season

DIRECTIONS

Finely chop vegetables, add to oiled frying pan, and **sauté** with mixed herbs until tender. Add tofu, breaking up and stirring until heated through.

Add 2 drops of hot sauce (optional) and **season** with pepper and salt to taste.

Place on plate and **sprinkle** lightly with paprika.

ZUCCHINI FRITTERS

Serves 1

INGREDIENTS

- 3 handfuls** Grated zucchini
- 1-2 Tbsp** Parmesan cheese
- 2** Eggs
- 1 Tbsp** Olive oil
Cracked pepper and sea salt to taste
Gluten-free turkey or chicken sausage (optional)

DIRECTIONS

Combine all ingredients **except olive oil** in a medium bowl. **Stir** until well combined.

Heat oil in a large pan over **medium-to-high heat**. Mold mixture into medium size balls and press flat into pan. When brown on one side, turn and cook the other side.

Sprinkle lightly with additional Parmesan cheese and serve with hot sauce if desired.

Sauté the sausage in a separate pan and serve with the fritters.



VEGETABLE FRITTATA WITH FETA CHEESE

Serves 2

INGREDIENTS

- 4 handfuls** Coarsely chopped vegetables (e.g., squash, peppers, broccoli, onions, mushrooms, etc.)
- 1/2 cup** Crumbled feta
- 4** Eggs
- 1 Tbsp** Olive oil
- 1 Tbsp** Dried herbs or finely chopped fresh herbs (e.g., basil, lemon thyme, chives, etc.)

DIRECTIONS

Coarsely **cut** and **steam** vegetables until tender or use leftover vegetables from the night before; set aside. **Whisk** eggs and herbs.

Add oil to a large frying pan and place on a **very low heat**. Add half of egg mixture to pan and cook for one minute.

Place vegetables and crumbled feta in pan and **cover** with remaining egg mixture. Cover and cook on very low heat until cooked through.



LUNCH & DINNER RECIPES

POACHED SALMON WITH SPRING ONIONS & WHITE WINE*

Serves 4-6

INGREDIENTS

2 lbs Wild salmon fillet
2 Spring onions
3-4 sprigs Fresh thyme
3 Tbsp Extra virgin olive oil
1/2 cup White wine
Herbamare®
Freshly ground black pepper

DIRECTIONS

Rinse the fish fillet and pat dry. Place into pan **skin-side** down.
Trim the ends off of the onions and cut in half lengthwise; run under **cool water** to remove any dirt and sand.
Place the spring onions and fresh thyme on top of the salmon.
Drizzle with olive oil. Add the white wine to the pan and then **season the fillet** with Herbamare and freshly ground black pepper.
Cover and poach over **medium to medium-low heat** for 10 to 12 minutes. Serve immediately.

HEARTY BEEF & VEGETABLE STEW

Serves 2

INGREDIENTS

2	Beef steaks, diced or cubed	2 cloves	Garlic
1/2 cup	Mushrooms, sliced	1 cup	Broccoli, diced
1/2 cup	Sweet onion, chopped	2	Small turnips, diced
1 Tbsp	Butter	1 cup	Carrot, diced
Pinch	Salt	1 cup	Cauliflower, diced
2 tsp	Parsley	1 cup	Beef or vegetable stock
2 tsp	Worcestershire sauce		

DIRECTIONS

Brown meat, onion, and mushrooms in melted butter. **Add seasonings** and Worcestershire sauce.
Place in casserole dish with all other ingredients and cook covered at **375 degrees** until meat and vegetables are tender.

COCONUT-LIME CAULIFLOWER "RICE"*

Serves 4-6

INGREDIENTS

- 1 medium** Head cauliflower
- 1 cup** Coconut milk
- 1/2 cup** Water or chicken stock
- 1-2 Tbsp** Freshly squeezed lime juice
- 2 cloves** Garlic, crushed
- 1-2 tsp** Grated ginger
- 1/2-1 tsp** Crushed red chili flakes
- 1/2 tsp** Herbamare® or sea salt

GARNISHES

- Sliced green onions
- Chopped cilantro
- Lime zest

DIRECTIONS

Break or cut the cauliflower into smaller pieces and place them into a **food processor** fitted with the "s" blade.

Pulse until the cauliflower is coarsely ground. It takes about two minutes of pulsing to accomplish this. Be careful not to over-process and turn the cauliflower to mush.

In a large skillet or wide pot, such as an 11-inch deep skillet, **heat** the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over medium heat.

Once the mixture is simmering add the ground cauliflower.

Stir together and simmer uncovered for **10 to 15 minutes**, stirring every few minutes, or until the cauliflower is cooked to your liking.

Garnish with sliced **green onions**, **chopped cilantro**, and **lime zest**. Serve hot.

Serve this "rice" dish along with baked fish or roasted chicken and a green salad.

Using cauliflower is a great grain-free option to rice. By grinding it in a food processor you get the look and consistency of white rice but with more nutrients and cancer-fighting compounds such as sulforaphane (active ingredient in Thorne Research Crucera-SGS®).

BLANCHED KALE SALAD AND GREEN APPLE DRESSING*

Serves 4

INGREDIENTS

- 2 bunches** Curly kale, chopped
- 1 cup** Cooked salmon (or broiled chicken)
- 1** Pomegranate, arils removed
- 1/2 cup** Sunflower seeds, toasted

GREEN APPLE DRESSING

- 1 medium** Granny Smith apple
- 1/2 cup** Water
- 1/3 cup** Extra virgin olive oil
- 1-2 cloves** Garlic
- 1-inch** Piece of fresh ginger, peeled
- Herbamare or sea salt to taste

DIRECTIONS

Fill an 8-quart stockpot with filtered water about **3/4-full** and bring to a rapid boil.

Quickly add all of the kale, pushing it down with a large spoon. **Blanch** for about 60 seconds, or until bright green and tender.

Pour kale and boiling water through a colander set in your sink and immediately run icy cold water over the kale to stop it from cooking any longer. Gently **squeeze the water** out of the kale.

Place desired amount of kale onto each plate, **top** with cooked salmon (or broiled chicken), pomegranate arils, and toasted sunflower seeds.

To **make the dressing**, place all ingredients for dressing into a blender and blend about **60 seconds** until smooth and creamy. Taste, add a little more salt if needed, and blend again.

Drizzle dressing over each salad. Store leftover dressing in a sealed glass jar in the fridge for up to a week. Store remaining kale in the fridge in a sealed glass container.

*From *Nourishing Meals: Healthy Gluten-free Recipes for the Whole Family*
by Alissa Segersten and Tom Malterre; Wholelife Press; 2012.



A FINAL WORD

The internet has made tracking your diet and exercise easy, with websites like myfitnesspal.com — or you can download a one-page weekly diary at: tinyurl.com/ThorneWeightJournal

We hope you have found this guide to be informative and helpful and we encourage you to reference it frequently during the program. As you can see, healthy lifestyle choices play a major role in helping to manage and maintain a healthy weight. The right combination of diet, exercise, sleep, and nutritional supplementation can help in your quest for optimal weight, and by extension, optimal health. At Thorne, we consider ourselves your partner in helping you manage your health.

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