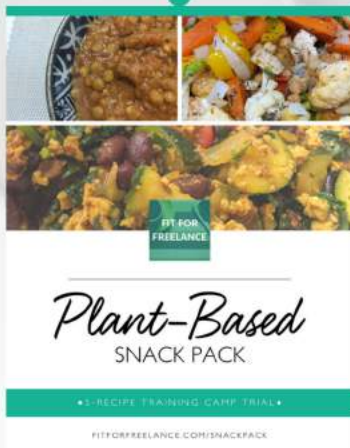


Are You Eating Enough to Lose Weight?



Full Plate Living
Weight Loss Program

PARTICIPANT HANDOUT

Free Info **Session**

Full  Plate
LIVING

PRESENTED BY



Fifty-Five Fiber Friends

These are the 55 natural, fiber-rich foods featured in *The Full Plate Diet*. There are thousands of them around the world for you to enjoy.

Fruits

- * Apples
- * Bananas
- * Blackberries
- * Blueberries
- * Guava
- * Kiwis
- * Mangoes
- * Oranges
- * Papaya
- * Peaches
- * Pears
- * Raspberries
- * Strawberries



Vegetables

- * Avocado
- * Beets
- * Broccoli
- * Carrots
- * Corn
- * Green cabbage
- * Kale
- * Romaine lettuce
- * Spinach
- * Sweet potatoes
- * Tomatoes
- * Zucchini



Beans & Peas

- * Black beans
- * Black-eyed peas
- * Garbanzo beans
- * Green beans
- * Green peas
- * Kidney beans
- * Lentils
- * Lima beans
- * Navy beans
- * Pinto beans



Grains

- * Brown rice
- * Buckwheat groats
- * Millet
- * Oats
- * Pearl barley
- * Quinoa
- * Rye flakes
- * Wheat
- * Whole-grain cornmeal
- * Wild rice



Nuts & Seeds

- * Almonds
- * Brazil nuts
- * Chia seeds
- * Flaxseeds
- * Hazelnuts (Filberts)
- * Peanuts
- * Pecans
- * Pumpkin seeds
- * Sunflower seeds
- * Walnuts



Corn Flakes Power Up



2 cups Corn Flakes

_____ Grams of fiber



2 cups Corn Flakes

1 oz walnuts

½ cup raspberries

½ cup blackberries

_____ Grams of fiber

What's Coming

Session 1

Discover how to quickly and easily Power Up your meals with natural, fiber-rich foods.

Session 2

Learn the difference between fiber-rich foods that help you lose weight—and those that don't.

Session 3

Learn how to slim down while still enjoying the foods you love.

Session 4

Find out how to keep your negative thoughts from sabotaging your weight loss efforts.

Session 5

Learn how to Power Up the most important meal of the day for weight loss.

Session 6

Discover smart strategies for weight-loss friendly grocery shopping.

Session 7

Discover the secrets to making restaurant menus work for you, not against you.

Session 8

Learn how to rev up your weight loss and lose weight twice as fast.



Breakfast Makeover

It's a fact you need to decrease your calories to lose weight. The beauty of *The Full Plate Diet* is you can decrease your calories while eating more food. Take a look at how this works in the Breakfast Egg Muffin Power Up Exercise.

| Food Item | Fiber Grams |
|--|-------------|
| 1 cup orange juice | 0 |
| 2 Breakfast Egg Muffins | |
| 2 English muffins | 4 |
| eggs | 0 |
| sausage | 0 |
| cheese | 0 |
| TOTAL fiber grams | _____ |
| Total calories | _____ |
| Number of meals eaten to get 40 grams of fiber _____ | |
| How many calories would this be? _____ | |



Meal # 1

| Food Item | Fiber Grams |
|--|-------------|
| 1 Breakfast Egg Muffin | |
| 1 English muffin | 2 |
| egg | 0 |
| sausage | 0 |
| cheese | 0 |
| ½ cup 2% milk | 0 |
| 1 cup cooked oatmeal | 4 |
| 1 apple | 4 |
| 1 orange | 3 |
| 1 banana | 3 |
| ½ cup blackberries | 4 |
| 11 almonds | 2 |
| TOTAL fiber grams | _____ |
| Total calories | _____ |
| Number of meals eaten to get 40 grams of fiber _____ | |
| How many calories would this be? _____ | |



Meal # 2

About the Program

1. _____
2. _____
3. _____



In Their Own Words

"It is very satisfying to see the weight go and my body shrink. All the while I am eating huge quantities of food. This is the easiest weight loss I have ever had."

"My results were like magic. I lost 20 pounds, my cholesterol dropped over 100 points and my grocery bill is a lot less!"

"My doctor told me my loss of energy was due to my age. Since attending the Are You Eating Enough to Lose Weight? Program I can work all day long!"

"This program changed my whole outlook on eating. I can't believe the difference in the way I feel, the energy I have. And the difference in the way my body looks."

Frequently Asked Medical Questions

Will increasing my fiber intake affect my medication needs?

It depends on how much fiber you consume and what medications you're taking. If you decide to get serious about this weight loss program, it could change your medication needs. The truth is, you might not even need medication for certain conditions anymore. The best course of action is to share your plans with your doctor.

What will my doctor think of *The Full Plate Diet*?

If you feel your doctor has reservations about *The Full Plate Diet*, we encourage you to share with him or her a copy of the book and any of your program materials. Many doctors recommend the book to their patients.

What about fiber supplements?

Fiber supplements can be helpful in lowering blood sugar, cholesterol, and losing weight. However, they're not as

beneficial when it comes to decreasing the risk of chronic diseases, such as cancer and heart disease, as natural fiber-rich foods. The supplements have fiber, but they're not packaged with all the good things that contribute to health, such as vitamins, minerals, antioxidants, phytochemicals, good fats, and kidney-friendly protein. Why not invest your money in natural, fiber-rich foods instead?

What if I have Type 2 Diabetes?

A high-fiber diet consisting primarily of natural, fiber-rich foods is excellent for normalizing blood sugar and losing weight. However, there are a few foods you need to be aware of that can spike blood sugar, generally certain fruits and grains. The effects of these foods can vary from person to person, and it's important that you learn which ones affect you.





FIT FOR
FREELANCE

Plant-Based SNACK PACK

5-RECIPE TRANSFORMATION PROGRAM TRIAL

[FITFORFREELANCE.COM/SNACKPACK](https://fitforfreelance.com/snackpack)

THIS IS WHAT MAKING IT SIMPLE TO SAVE TIME AND EAT HEALTHY LOOKS LIKE.

REGGIE@FITFORFREELANCE.COM

There are plenty of reasons to try this plant-based diet:

- Know exactly what to buy and how to cook it to eat healthier
- Get the recommended 5+ servings of produce/day
- Lose weight
- Protect the environment by eating less meat

I'm excited about this program because SO many people get it wrong when they try to eat plant-based.

That's why I put together the 30-day Plant-based Transformation- I wanted to show you the RIGHT way to do it.

These 5 out of the 33 recipes and a grocery list from the full program give you a taste of how it all works. Enjoy!



**Watch 10 Benefits
of Plant-based Diets
on YouTube!**

GROCERY LIST

You can print this list, or to access a digital copy, [click here](#)

Vegetables

- ☐ 1 lb asparagus
- ☐ 5 carrots (large)
- ☐ 1 head cauliflower
- ☐ 1 head garlic (4 cloves), or minced
- ☐ 1 tomato
- ☐ 1 pint cherry tomatoes
- ☐ 1 red pepper
- ☐ 1 yellow pepper
- ☐ 2 yellow onions
- ☐ 1 sweet onion (can swap yellow or sweet)
- ☐ 1 zucchini
- ☐ 1 avocado
- ☐ 1" piece ginger
- ☐ enough extra veggies for 1 snack

Greens

- ☐ 2 cups baby spinach
- ☐ 1 head escarole

Fruit

- ☐ 1 lemon
- ☐ 1 lime
- ☐ 1/2 cup blueberries
- ☐ 2 cups pineapple (fresh or frozen)

Nuts, Seeds & Nut Milks

- ☐ 3/4 cup unsweetened almond milk
- ☐ 2 1/2 cups coconut milk (box, not can)
- ☐ 3 tbsp unsweetened shredded coconut
- ☐ 1/2 cup slivered almonds
- ☐ chia seeds

Other

- ☐ small package oats
- ☐ 1 can black beans
- ☐ 1 cup lentils
- ☐ 1 x 15 oz can chickpeas/garbanzo beans
- ☐ 20 oz Tofu (extra firm)
- ☐ 28 oz can diced fire-roasted tomatoes
- ☐ sriracha (optional)
- ☐ extra virgin olive oil
- ☐ 6 cups vegetable broth (low sodium)
- ☐ honey or maple syrup
- ☐ protein powder (optional)

Spices

- ☐ dried basil
- ☐ black pepper grinder
- ☐ chili powder
- ☐ cinnamon (ground)
- ☐ cumin
- ☐ curry powder
- ☐ garlic powder
- ☐ oregano
- ☐ paprika
- ☐ red pepper flakes
- ☐ sea salt
- ☐ thyme
- ☐ turmeric
- ☐ vanilla extract

PINEAPPLE TURMERIC SMOOTHIE

1 cup (240 ml) coconut milk (box, not can), 1 cup (165 grams) pineapple (diced), 1 tsp fresh lime juice, ½ Tbsp ginger (peeled and grated), ¼ tsp turmeric (powder), ¼ tsp black pepper, 1 scoop vegan protein powder (optional)

BLUEBERRY ALMOND OVERNIGHT OATS

(2 servings)

Ingredients

- ½ cup (40 grams) oats (gluten-free)
- ¾ cup (180 ml) unsweetened almond milk
- ½ scoop unflavored vegan protein powder
- 1 Tbsp chia seeds
- 1 Tbsp maple syrup or honey
- ½ tsp vanilla extract
- ½ tsp cinnamon
- ½ cup (75 grams) blueberries
- ½ cup (55 grams) slivered almonds
- 2 Tbsp unsweetened shredded coconut



Directions

In a large glass Tupperware container, add the oats, almond milk, protein powder, chia seeds, maple syrup (or honey), cinnamon, and vanilla extract. Mix well. Cover and refrigerate overnight or for a minimum of 8 hours.

When you're ready to eat your oatmeal, remove oats from the fridge and place one serving (½ of the mixture) in a cereal bowl. Top with blueberries, almonds, and shredded coconut. Enjoy hot or cold!

(If you're going to warm up your oatmeal, heat up your oat mixture before adding toppings.)

BREAKFAST RECIPE

SIMPLE SOUTHWEST SCRAMBLE

(2 servings)

Ingredients

- 2 Tbsp extra virgin olive oil
- ¼ sweet onion, diced
- ½ red pepper, diced
- ½ zucchini, diced
- ½ cup (130 grams) black beans (cooked, drained)
- 2 cups (40 grams) baby spinach, chopped
- ½ tsp sea salt
- ½ tsp cumin
- ¼ tsp chili powder
- ¼ tsp turmeric
- dash of water
- 8 oz (225 grams) tofu (extra firm, pat dry, broken into crumbles)
- ½-1 sliced tomato
- ½ avocado



Directions

Heat a large skillet over medium heat. Once hot, add olive oil, onion, pepper, and zucchini. Season with salt and pepper, and sauté for about 5 minutes, until vegetables are soft. Add beans and spinach, and cover to cook for about 2 more minutes.

While the veggies are cooking, add the salt, cumin, chili powder, and turmeric to a separate bowl. Add a dash of water to create a sauce.

In your sauté pan, move the vegetables over to one side, and add tofu on the other. Cook for about 2 minutes, and then add the sauce to the pan. Mix all of the ingredients together to form a scramble. Continue to sauté for about 5 minutes or until tofu is lightly browned.

Serve with sliced tomato and avocado. Enjoy!

NOURISHING SOUP

LENTIL & ESCAROLE SOUP

(4 servings)

Ingredients

- ¼ cup (60 ml) extra virgin olive oil
- 1 yellow onion, chopped
- 2 carrots, peeled and chopped
- 4 garlic cloves, minced
- 2 tsp ground cumin
- 1 tsp curry powder
- ½ tsp dried thyme
- 28 oz (795 gram) can diced fire-roasted tomatoes
- 1 cup (190 grams) lentils, picked over and rinsed
- 6 cups (1.45 liters) vegetable broth (low-sodium)
- 1 tsp salt, more to taste
- Pinch of red pepper flakes
- Freshly ground black pepper, to taste
- 1 head escarole, rib removed, chopped
- 1 to 2 Tbsp lemon juice (½ to 1 medium lemon), to taste
- sriracha (optional)

Directions

Heat the olive oil in a large soup pot over medium heat. Add the onions and carrots, stirring often, until the onion has softened and becomes translucent (for about 5 minutes).

Add the garlic, cumin, curry powder, and thyme and cook for about 30 seconds, stirring constantly to avoid burning. Pour in the diced tomatoes and cook for about 3-5 more minutes.

Add the lentils and broth. Season with the salt, red pepper flakes, and fresh ground black pepper.

Raise heat to bring the soup to a boil, then reduce heat & partially cover the pot, simmering for 25 to 30 minutes. The lentils should be tender.

When done, use an immersion blender to puree a portion of the soup, to thicken. If you don't have an immersion blender, place 2 cups of the soup in a blender and blend until smooth (be careful the blender container is securely fastened, and place a dish towel over the top to protect yourself from steam or splashes). Pour the puréed soup back into the pot.

Add the escarole and cook for 4-6 more minutes until the escarole has wilted. Remove the pot from the heat and mix in the lemon juice. Taste for seasoning, and add a dash of sriracha – if desired!



OTHER PLANT-BASED RECIPE

2-PAN ITALIAN ROASTED VEGETABLE DINNER

(3 servings)

Ingredients

Marinade

- 1 tsp dried basil
- 1 tsp dried thyme
- 1 tsp dried oregano
- 1 tsp paprika
- ½ tsp garlic powder
- 3 Tbsp olive oil
- Juice of ½ lemon

Veggies & Other

- 12 ounces (340 grams) firm or extra-firm tofu, drained, and chopped
- 1 Tbsp extra virgin olive oil (for the tofu)
- ½ head cauliflower, chopped
- 3 carrots, peeled, sliced lengthwise, then chopped in thirds
- 1 can (14 oz) (400 gram) chickpeas, drained and rinsed
- 1 lb. (450 grams) asparagus, ends trimmed and cut into thirds
- 1 medium yellow onion, sliced
- 1 yellow pepper, sliced
- 1 pint (440 grams) cherry tomatoes
- sea salt, to taste
- fresh ground pepper, to taste

Directions

Preheat oven to 425°F/220°C. Line two baking sheets with parchment paper or foil.

In a medium bowl, drizzle 1 Tbsp olive oil over the tofu, and mix to cover well. Pour mixture on one of the baking sheets, and bake for 25-30 minutes, flipping half-way through. Remove when tofu is golden brown on the edges.

Meanwhile, in a large bowl whisk together basil, thyme, oregano, paprika, garlic powder, olive oil and lemon juice. Set aside and save for the last step.

On the second sheet pan, combine the cauliflower, carrots, and chickpeas. Pour about ¼ of the oil-spice mixture over them, and toss well to coat. Arrange veggies in a single layer and roast for 20-25 minutes.

In the large bowl with the remaining oil-spice mixture, add the asparagus, onion, pepper, and tomatoes and toss well to coat.

After the 20-25 minutes of cooking, remove the carrot, cauliflower & chickpea pan from the oven and add the remaining veggie mixture.

Give the veggies a stir, and place the pan back in the oven for another 15 minutes.

Remove from the oven, mix in the tofu, and let cool slightly. Season to taste, and enjoy!

DISCLAIMER:

The publisher or authors of the *Are You Eating Enough to Lose Weight?* Program are not engaged in rendering professional advice or services to individual participants. The facilitators of this presentation, members and representatives of Wilson Medical Writing LLC doing business as Fit for Freelance, do not intend for this content to be considered personalized professional advice.

The ideas, procedures, and suggestions contained in any program material are not intended as a substitute for consulting with your physician or licensed health care provider. The publisher, authors, nor facilitator shall be liable or responsible for any loss or damage allegedly arising from any information or suggestions in the program material.

By choosing to use these materials, you agree to the following: If I decide to make dietary changes that are mentioned in the program, I realize it's my responsibility to communicate these changes to my personal physician or licensed health care provider. I recognize that if I am taking medication, and I decide to make healthy diet changes, it could possibly affect my need for medication and that I should speak to my personal physician or licensed health care provider regarding this matter.

Original Fullplateliving.org free info session participant handout available [here](#)



@fitforfreelance

I want to create a society where every entrepreneur knows how to lead the healthy, fulfilling life of their dreams- not trapped by extremely restrictive diets or feeling guilty taking time for themselves.

The complete, done-for-you Plant-based Transformation Program makes it simple to shift the perspective of healthy living;

- 30 days of dietitian-approved meal guides
- Print-&-go grocery lists to make your shopping a breeze
- Complete recipe manual loaded with delicious, simple recipes!
- Flexible Food Gameplan to make it easy to stick to your meal plan
- Success manual loaded with tips and strategies
- Daily motivation to keep you on track and accountable to your goals
- Plus you'll get tons of support along the way

Give it a look! I think you'll like what you see.

-REGGIE

Standards



Joined Daily Health Tips for Entrepreneurs Facebook group ([link](#))



Bronze: Tried 1 recipe



Silver: Tried 2 recipes



Gold: Tried 3+ recipes



Cup: Joined the Health Confidence Club ([link](#))

(awards are figurative)

[Get it now when you join healthconfidenceclub.com](https://healthconfidenceclub.com)



FIT FOR
FREELANCE

30-DAY

Plant-Based

TRANSFORMATION PROGRAM

• SUCCESS GUIDE

Here's a sample of the MEAL GUIDE

— Week 1 —

| | BREAKFAST | SNACK 1 | LUNCH | DINNER |
|-----------|---|------------------------|--|--|
| MONDAY | Avocado Brain-Booster Smoothie | Apple | Vegan Detox Wraps | Lentil & Escarole Soup |
| TUESDAY | Berry Delicious Smoothie + Vegan Protein Powder | Apple | Vegan Detox Wraps | Lentil & Escarole Soup |
| WEDNESDAY | Avocado Brain-Booster Smoothie | Fresh Sliced Veggies | Lentil & Escarole Soup | 1-Pan Italian Roasted Vegetable Dinner |
| THURSDAY | Avocado Power Toast | 2 Tbsp Almonds | Lentil & Escarole Soup | 1-Pan Italian Roasted Vegetable Dinner |
| FRIDAY | Berry Delicious Smoothie + Vegan Protein Powder | Apple + 2 Tbsp Almonds | 1-Pan Italian Roasted Vegetable Dinner | Vegan Coconut Curry |
| SATURDAY | Simple Southwest Scramble | Water | Vegan Coconut Curry | Kitchen Sink Kale Salad |
| SUNDAY | Simple Southwest Scramble | Water | Kitchen Sink Kale Salad | Vegan Coconut Curry *See note below |

* leftovers are in orange

**Make Blueberry Overnight Oats on Sunday night before bed