



# MEDICAL WEIGHT LOSS

*Infuzed IV*

**YOUR JOURNEY  
STARTS NOW**



# Points To Remember

## #1 KEEP YOUR BOWELS MOVING

MAGNESIUM 400MG NIGHTLY  
COLACE DAILY 1-2 CAPSULES  
LOTS OF GREEN VEGGIES OR GREENS POWDER

## #2 DRINK HALF YOUR BODY WEIGHT IN OUNCES OF WATER

WE ARE TRYING TO FLUSH FAT OUT OF YOUR BODY. IF YOU DO NOT DRINK WATER,  
THAT DOES NOT HAPPEN QUICKLY.  
2 LITERS A DAY MINIMUM WITH THESE MEDICATIONS.  
IF YOU PHYSICALLY CANNOT DRINK THAT MUCH... WE KNOW WHERE YOU CAN GET A  
BAG OF FLUIDS ONCE IN AWHILE =>

## #3 EATING 5 SMALL MEALS A DAY WILL SHOW YOU THE BEST SUCCESS

WE UNDERSTAND IT IS HARD TO EAT SOMETIMES ON THESE MEDICATIONS. 5 SMALL  
MEALS A DAY IS WHAT IS SHOWING BEST RESULTS. IF YOU'RE PLATEAUED...EAT!!  
GRAB AND GO SNACKY MEALS: HARD BOILED EGGS, JERKY, STRING CHEESE,  
PEPPERONI AND CHEESE CUBES, GREEK YOGURT, PROTEIN BAR OR SHAKE

## #1 PROTEIN PROTEIN PROTEIN

IF YOU CHOOSE TO EAT ANYTHING..EAT YOUR PROTEINS FIRST!! VEGGIES SECOND.  
CARBS LAST.  
YOU SHOULD BE AIMING FOR 100G OF PROTEIN PER DAY.  
IF YOU DON'T KNOW- DOWNLOAD MY FITNESS PAL APP AND KEEP TRACK.

### SIDE EFFECTS TO WATCH OUT FOR:

NAUSEA - HEARTBURN - CONSTIPATION- FATIGUE

(P.S. THE LAST 2 OF THESE SIDE EFFECTS ARE CAUSED BY DEHYDRATION.)

### SIDE EFFECTS THAT REQUIRE A CALL TO DOC:

PAIN IN RIGHT UPPER QUADRANT THAT DOESN'T GO AWAY

# simple *meal* formula

PROTEIN + VEGGIE + HEALTHY FAT + CARB IN MODERATION



Protein

Steak  
Chicken  
Pork  
Eggs  
Lamb  
Sausage  
Deli Meats

Turkey  
Salmon  
Shrimp  
Protein Powder  
Venison  
Bacon  
Liver

Duck  
Sardines  
Crab  
Bison  
Ground Beef  
Ham  
Tuna

For more protein ideas, check the Meat, Protein, & Seafood section in the Food List sheet.



Veggies

Cauliflower  
Broccoli  
Zucchini  
Leafy Greens  
Cucumbers  
Brussels Sprouts  
Spinach  
Lettuce  
Endive

Cabbage  
Asparagus  
Radishes  
Bell Peppers  
Jicama  
Celery  
Bok Choy  
Watercress  
Garlic

Pickles  
Mushrooms  
Eggplant  
Rhubarb  
Green Beans  
Onions  
Kale  
Green Beans  
Okra

For more veggie ideas, check the Greens & Veggies section in the Food List sheet.

healthy fat



Butter  
Avocado Oil  
Cheese  
Bacon  
Avocado

Lard  
Ghee  
Mayo  
Nuts  
MCT Oil

Olive Oil  
Cocoa Butter  
Coconut Oil  
Other nut &  
Seed oils



For more healthy fat ideas, check the Fats section in the Food List sheet.

complex carbs



Whole-grain pasta  
Brown or wild rice  
Quinoa  
Italian Bread  
Sweet potatoes

Oats  
Red potatoes  
Whole wheat breads  
Whole wheat wraps  
Ezekiel bread

# How Many Calories Should I Be Eating A Day?

General rule of thumb:  
take your GOAL weight x 10 and aim for that many calories a day.

Example:  
140 pounds = 1400 calories

## 30/30/30 to ENHANCE your weight loss results!

THE 30-30-30 RULE IS A WEIGHT LOSS METHOD THAT INVOLVES EATING 30 GRAMS OF PROTEIN WITHIN 30 MINUTES OF WAKING UP, FOLLOWED BY 30 MINUTES OF LOW-INTENSITY EXERCISE.

## Stay UP TO DATE



Videos from Toni

SCAN ME



Access Facebook Group

Open camera, point at QR code and a link should pop up. Click that link!

# ULTIMATE FOOD LIST

- <1 g carb, enjoy more!
- <5g carb, enjoy moderately!
- <10g carb, enjoy moderation!
- Watch For Added Sugars

## GREENS & VEGGIES

Food		Net carbs		
Broccoli Rabe	1 c	0	Kale	1 cup 3.4
Endive	1 c	0.1	Bell Peppers	1 cup 3.6
Sprouts	1 c	0.1	Broccoli	1 cup 3.6
Watercress	1 c	0.2	Fennel	1 cup 3.7
Beet Greens	1 c	0.2	Collard greens	1 cup 3.9
Arugula	1 c	0.4	Green Beans	1 cup 4.3
Spinach	1 c	0.4	Okra	1 cup 4.3
Lettuce	1 c	0.5	Onions	½ cup 4.3
Jalapeno	1 pepper	0.5	Bamboo shoots	1 cup 4.6
Romaine	1 cup	0.6	Brussels sprouts	1 cup 4.6
Bok Choy	1 cup	0.8	Scallions	1 cup 4.7
Chard	1 cup	0.8	Shirataki Noodles	1 cup 4.7
Garlic	1 clove	0.9	Snow Peas	1 cup 4.9
Jicama	1 cup	5.1		
Artichokes	½ cup	5.2		
Leeks	½ cup	5.5		
Spaghetti Squash	1 cup	5.5		
Celeriac	½ cup	5.8		
Turnips	1 cup	6.1		
Pumpkin	1 cup	6.1		
Rutabagas	1 cup	8.9		
Lettuce	1 cup	1.2		
Celery	1 cup	1.4		
Shallots	1 cup	1.4		
Cucumbers	½ cup	1.6		
Poblano peppers	1pepper	1.9		
Pickles	1 large	2		
Kelp noodles	4 oz	2		
Radishes	1 cup	2.2		
Mushrooms	1 cup	2.3		
Eggplant	1 cup	2.4		
Asparagus	1 cup	2.4		
Zucchini	1 cup	2.6		
Yellow Squash	1 c	3		
Cabbage	1 cup	3.2		
Cauliflower	1 cup	3.3		
Rhubarb	1 cup	3.3		

## Fats

Food	Serving	Net Carbs
Avocado Oil	1 tbsp	0
Butter	1 tbsp	0
Cocoa butter	1 tbsp	0
Coconut oil	1 tbsp	0
Ghee	1 tbsp	0
Lard	1 tbsp	0
Mct oil	1 tbsp	0
Olive Oil	1 tbsp	0
Other nut & seed oils	1 tbsp	0

## Fruits

Food	Serving	Net Carbs
Avocados	1/2 fruit (100 g)	1.8
Olives	1/2 cup (67 g)	2.2
Coconuts, fresh	1/2 cup (40 g)	2.5
Blackberries	1/2 cup (72 g)	3.1
Raspberries	1/2 cup (61.5 g)	3.3
Strawberries	1/2 cup (76 g)	4.3
Cranberries	1/2 cup (55 g)	4.6
Tomatoes	1 cup (180 g)	4.8
Limes	1 lime (67 g)	5.2
Currants	1/2 cup (56 g)	5.3
Lemons	1 lemon (58 g)	5.4
Watermelon	1/2 cup (76 g)	5.5
Blueberries	1/2 cup (74 g)	8.9

## Meat, Poultry, & Seafood

Food	Serving	Net Carbs
Beef- ground, steak, roast, veal		
Lamb- ground, chops, etc	4 oz	0
Bacon & sausage	4 oz	0
Pork- ground, chops, loin, ham, etc	4 oz	0
Poultry- chicken, turkey, duck, quail	4 oz	0
Game meats- bison, venison, etc	4 oz	0
Fish- cod, flounder, halibut, mahi-mahi, salmon, sardines, sea bass, tuna, trout, etc	4 oz	0
Liver, other organ meats	4 oz	0
Deli Meats	4 oz	0
Shellfish- clams, crab, lobster, mussels,	4 oz	0
oysters, scallops, shrimp, squid, etc		

## Dairy & Eggs

Food	Serving	Net Carbs
Eggs	1 egg (56 g)	0
Cheeses all kinds	1 oz (28 g)	0 - 1.5
Heavy cream	1 tbsp (15 g)	0.4
Mascarpone cheese	2 tbsp (28 g)	0.6
Sour cream	1 tbsp (12 g)	0.6
Half & half	1 tbsp (15 g)	0.7
Cream cheese	1 tbsp (14.5 g)	0.8
Coconut cream	1 tbsp (15 g)	1.7
Whole milk ricotta cheese	1/2 cup (62 g)	3.7
Whole Milk Greek Yogurt	1 cup (100 g)	4
Whole Milk Cottage Cheese	1/2 cup (105 g)	7.1

## Flours & Baking

Food	Serving	Net Carbs
Flax seed meal (plain or golden)	2 tbsp (11 g)	0
Gelatin	1 tbsp (7 g)	0
Glucomannan	1/2 tsp (2 g)	0
Protein powder (whey, collagen, etc.), unsweetened	1 scoop (~30 g)	0
Pork rinds	1/2 oz (14 g)	0
Psyllium husk powder	1 tsp (4 g)	0

## Nuts & Seeds

Food	Serving	Net Carbs
Flax seeds	2 tbsp (20.6 g)	0.4
Poppy seeds	1 tbsp (8.8 g)	0.8
Pecans	1/4 cup (25 g)	1
Sesame seeds	1 tbsp (9 g)	1
Sunflower seeds	1/4 cup (11.5 g)	1.3
Brazil nuts	1/4 cup (33 g)	1.4
Hemp seeds	3 tbsp (30 g)	1.4
Pumpkin seeds	1/4 cup (32 g)	1.6
Macadamia nuts	1/4 cup (33 g)	1.7
Walnuts	1/4 cup (30 g)	2
Chia seeds	1 oz (28.35 g)	2.1
Hazelnuts	1/4 cup (34 g)	2.3
Almond butter	2 tbsp (32 g)	2.7
Peanuts	1/4 cup (36 g)	2.8
Almonds	1/4 cup (28 g)	3
Coconut flakes	3 tbsp (22.5 g)	3
Other nut butters - hazelnut, macadamia, pecan, walnut, etc.	2 tbsp (~32 g)	0.5 - 3
Pine nuts	1/4 cup (34 g)	3.2
Peanut butter	2 tbsp (32 g)	4
Pistachios	1/4 cup (31 g)	5
Sunflower seed butter	2 tbsp (32 g)	5.7
Xanthan gum	1/2 tsp (0.7 g)	0
Pure extracts - vanilla, fruit	1 tsp (4.2 g)	0.1
Cocoa/cacao powder	1 tbsp (5.4 g)	1.1
Hazelnut flour	1/4 cup (28 g)	2
Peanut flour	1/4 cup (15 g)	2.8
Macadamia nut flour	1/4 cup (28 g)	2.9
Chocolate, unsweetened baker's or w/ sweeteners listed	1 oz (29 g)	2.9 - 3.4
Almond flour	1/4 cup (28 g)	3
Coconut flour	2 tbsp (14 g)	4
Sunflower seed meal	1/4 cup (28 g)	4

## Herbs & Spices

Food	Serving	Net Carbs
Basil	2 tbsp (5.3 g)	0
Cumin, ground	1 tsp (2.8 g)	0
Curry powder	1 tsp (2 g)	0
Red pepper, crushed	1 tsp (2 g)	0
Salt (sea salt, Himalayan, etc.)	1 tsp (6 g)	0
Chives	1 tbsp (3 g)	0.1
Cilantro	1 tbsp (1 g)	0.1
Dill	1 tbsp (0.6 g)	0.1
Mint	1 tbsp (1.6 g)	0.1
Parsley	1 tbsp (3.8 g)	0.1
Sage	1 tsp (0.7 g)	0.1
Marjoram	1 tbsp (0.6 g)	0.2
Rosemary	1 tbsp (1.7 g)	0.2
Cayenne pepper	1/4 tsp (0.5 g)	0.2
Tarragon	1 tbsp (0.6 g)	0.3
Thyme	1 tbsp (2.4 g)	0.3
Bay leaves	1 tbsp (0.6 g)	0.3
Oregano	1 tbsp (3 g)	0.3
Mustard, ground	1 tsp (2 g)	0.4
Savory	1 tbsp (1.4 g)	0.4
Paprika (regular or smoked)	1 tsp (2.3 g)	0.4
Celery seed	1 tsp (2 g)	0.6
Nutmeg, ground	1 tsp (2.2 g)	0.6
Cinnamon, ground	1 tsp (2.6 g)	0.7
Cloves, ground	1 tsp (2.1 g)	0.7
Fennel seed	1 tbsp (5.8 g)	0.7
Cardamom	1 tsp (2 g)	0.8
Black pepper	1 tsp (2.3 g)	0.9
Allspice, ground	1 tsp (1.9 g)	1
Ginger, ground	1 tsp (1.8 g)	1
Chili powder	1 tbsp (8 g)	1.2
Turmeric	1 tsp (3 g)	1.3
Onion powder	1 tsp (2.4 g)	1.5
Cream of tartar	1 tsp (3 g)	1.8
Garlic powder	1 tsp (3.1 g)	2

## Condiments

Food	Serving	Net Carbs
Vinegar - white, apple cider	1 tbsp (15 ml)	0
Mayonnaise	1 tbsp (13.8 g)	0.1
Mustard	1 tsp (5 g)	0.1
Horseradish	1 tsp (5.6 g)	0.5
Chimichurri sauce	1 tbsp	1
Hot sauce	1 tsp (6.5 g)	1.2
Salsa	2 tbsp (36 g)	1.7
Dressings, creamy	2 tbsp (~30 g)	0 - 2
Lemon juice, lime juice	2 tbsp (31 g)	2, 2.5
Vinegar - balsamic	1 tbsp (16 g)	2.7
Pesto sauce	1/4 cup (61 g)	2.8
Dressings, oil or vinaigrette	2 tbsp (~30 g)	2 - 3
Coconut aminos	1 tbsp (15 ml)	6
Marinara sauce	1/2 cup (132 g)	7.4

## Sweeteners

Food	Serving	Net Carbs
Allulose	1 tsp (4 g)	0
Chicory root	1/2 cup (45 g)	0
Erythritol	1 tsp (4 g)	0
Monk fruit	1 tsp (2.3 g)	0
Stevia	1 tsp (4 g)	0
Xylitol	1 tsp (4 g)	0

## Beverages

Food	Serving	Net Carbs
Broth - chicken, beef, bone	1 cup (241 g)	0
Hard liquor	1 fl. oz (27.8 g)	0
Tea	1 cup (237 g)	0
Water	1 cup (235 ml)	0
Coffee	1 cup (248 g)	0.5
Coconut milk, carton, unsweetened	1 cup (240 ml)	1
Almond milk, unsweetened	1 cup (240 ml)	1.5
Broth - vegetable	1 cup (211 g)	2
Coconut milk, can, unsweetened	1/2 cup (113 g)	3.2
Wine, red or white, dry	5 fl. oz (147 g)	3.1 - 3.7



# Getting Your Much Needed Protein Intake When Following A New Plan

- Aim for 0.8g of protein per pound of goal body weight  
(If your goal is 150 lbs; 120g a day)
- Protein Shakes! A double scoop of a low carb protein shake is a great idea if you're having trouble reaching protein goals!
- Premiere Protein Drinks are a favorite around here!
- Yogurts, hard boiled eggs, cheeses, pepperoni sticks are great snacks!

## CARBS ARE A LIMIT.

KEEP CARBS AT A LIMIT FOR AN ENERGY SOURCE.

## PROTEIN IS A GOAL.

MEET THIS GOAL DAILY TO MAINTAIN MUSCLE MASS

## FAT IS A LEVER.

EAT ENOUGH TO FEEL FULL, AND CHOOSE HEALTHY FATS.

## What Foods Trigger You?

During your duration of your medical weight loss, it is our goal to help you understand what foods are contributing to YOUR weight gain. We encourage you to try different eating styles.

Paleo, Mediterranean, and Primal Health are the most sustainable diets we've found that works well with these injections and for long term sustainable results.



**Keep track of your foods- use an app like myfitnesspal or carb manager**

When you stop losing, we will ask for this!!



**Get your free body scan at Infuzed to understand your caloric intake**

Free body scans while on this program at Infuzed IV! Take advantage of it!



**Your health starts in YOUR GUT. Feed it fresh & well!**

Cut the CRAP! Carbonated junk foods, Refined Sugars, Artificial Sh\*t and Processed foods



**It takes 6-8 weeks for your pancreas to adjust to these medications**

Weight loss is NOT going to be overnight. It takes patience, dedication, and consistency. Small changes = big results in the long run. We want you to keep this weight off!



**Want to ENHANCE your results?**

Eat 30g of protein within 30 minutes of waking followed by 30 minutes of low stim activity like walking.



# SAMPLE MEAL PLAN

*Breakfast*

*Lunch*

*Dinner*

*Monday*

2 EGG OMELET  
CHEESE  
VEGGIES  
1 PC HIGH FIBER TOAST  
COFFEE/TEA

1/2 AVOCADO  
WITH PINK SEA SALT  
EGG SALAD  
1/4 C ALMONDS

GRILLED RIBEYE OR  
SIRLOIN STEAK WITH  
ASPARAGUS. PLUS A  
SALAD WITH ITALIAN

*Tuesday*

COFFEE W/ CREAM  
2 EGG OMELET WITH  
BACON & CHEESE

DIJON MUSTARD  
CHICKEN SALAD ON  
LETTUCE BED.  
VEGGIE STICKS

BUNLESS BACON  
CHEESEBURGER W/  
TOPPINGS OF CHOICE.  
BRUSSELS SPROUTS

*Wednesday*

1/2 C OATMEAL  
RAISINS  
ALMOND MILK  
1 BANANA

1/2 AVOCADO  
WITH PINK SEA SALT  
EGG SALAD  
1/4 C ALMONDS

STEAK TIPS WITH  
CHEESY BROCCOLI  
AND SIDE SALAD

*Thursday*

COFFEE W/  
CREAM  
2 FRIED EGGS  
2 BACON

DIJON MUSTARD  
CHICKEN SALAD ON  
LETTUCE BED.  
1/2 C BONE BROTH

SHRIMP SCAMPI  
W/ZUCCHINI  
NOODLES WITH  
SALAD

*Friday*

1/2 C OATMEAL  
RAISINS  
ALMOND MILK  
1 BANANA

GRILLED CHICKEN  
SALAD  
RANCH DRESSING  
UNSWEET TEA

BAKED PORK  
CHOPS WITH  
FRIED CABBAGE

*Saturday*

COFFEE W/  
CREAM  
2 EGG OMELET  
WITH BACON &  
CHEESE

BACON  
CHEESEBURGER  
SALAD  
1/2 AVOCADO  
YOGURT WITH FRUIT

BLACK AND BLEU  
CHEESEBURGERS  
WITH STEAMED  
BROCCOLI

*Sunday*

1/2 C OATMEAL  
UNSWEETENED  
ALMOND MILK  
1 BANANA

PROSCIOTTO LETTUCE WRAPS  
WITH 1/2 AVOCADO  
2 MOZZERELLA CHEESE  
STICKS  
1/4 C ALMONDS

CHICKEN BREAST  
SIDE SALAD WITH  
EGG, CHEESE,  
CROUTONS, BACON  
PCS

SAMPLE MEAL PLAN

Breakfast

Lunch

Dinner

Monday

GREEK YOGURT WITH FRESH BERRIES AND HONEY

GREEK SALAD WITH FETA CHEESE AND GRILLED CHICKEN

BAKED COD WITH LEMON AND OLIVE OIL, QUINOA, AND ROASTED VEGGIES OF CHOICE

Tuesday

OATMEAL WITH ALMONDS, DATES, AND A SPLASH OF MCT OIL

HUMMUS AND VEGGIE WRAP WITH A WHOLE WHEAT PITA

MEDITERRANEAN CHICKPEA STEW WITH SPINACH AND TOMATOES

Wednesday

WHOLE GRAIN TOAST WITH AVOCADO AND TOMATO SLICES AND EVERYTHING BUT THE BAGEL SEASONING

VEGETABLE SOUP WITH BEEF AND SIDE SALAD

GRILLED SHRIMP WITH LEMON AND GARLIC, BROWN RICE, AND STEAMED BROCCOLI

Thursday

FRESH FRUIT SMOOTHIE WITH GREEK YOGURT AND GRANOLA

QUINOA SALAD WITH CHERRY TOMATOES, CUCUMBER, FETA CHEESE

BAKED CHICKEN WITH ROASTED VEGGIES OF CHOICE

Friday

SCRAMBLED EGGS WITH SPINACH, FETA, AND OLIVES

WHOLE WHEAT PASTA WITH PESTO, CHERRY TOMATOES, AND EGGPLANT

GRILLED PORK CHOPS WITH ROSEMARY, GREEK SALAD, AND QUINOA

Saturday

OVERNIGHT OATS WITH ALMOND MILK, CHIA SEEDS, AND MIXED BERRIES

BAKED SALMON WITH LEMON SAUCE, SWEET POTATO FRIES, AND STEAMED ASPARAGUS

BLACK AND BLEU CHEESEBURGERS WITH STEAMED BROCCOLI

Sunday

1 CUP COTTAGE CHEESE WITH PINEAPPLE

PROSCIOTTO LETTUCE WRAPS WITH 1/2 AVOCADO  
2 MOZZERELLA CHEESE STICKS  
1/4 C ALMONDS

EGGPLANT PARMESAN WITH TOMATO SAUCE, WHOLE WHEAT PASTA, SIDE OF MIXED SALAD GREENS

## BACON AVOCADO EGG SALAD

### INGREDIENTS:

5 HARD-BOILED EGGS, CHOPPED  
4 SLICES BACON, COOKED & CHOPPED  
½ MEDIUM AVOCADO, MASHED  
1 ½ TABLESPOON AVOCADO OIL MAYO  
2 GREEN LETTUCE LEAVES  
PAPRIKA, TO TASTE  
SALT & PEPPER, TO TASTE

### INSTRUCTIONS:

• IN A BOWL COMBINE CHOPPED EGGS, BACON, MASHED AVOCADO, MAYO, AND SEASONINGS.  
MIX UNTIL WELL COMBINED. DIVIDE EGG SALAD BETWEEN LETTUCE LEAVES, ROLL UP AND ENJOY!  
MAKES 1 SERVING  
NUTRITION INFORMATION: 800 CALORIES, 64G FAT, 9G CARBS (3 NET CARBS), 46G PROTEIN

## BACON CHEESEBURGER SALAD

### INGREDIENTS:

5 OUNCES 85/15 GROUND BEEF, COOKED  
3 SLICES BACON, COOKED AND CHOPPED  
2 CUPS CHOPPED ROMAINE  
½ CUP PICKLES, CHOPPED  
1/3 CUP SHREDDED CHEDDAR CHEESE  
FOR DRESSING:

2 TABLESPOONS AVOCADO OIL MAYO  
1-2 TABLESPOONS WHITE VINEGAR (TO TASTE)  
1 TEASPOON MUSTARD  
½ TABLESPOON PICKLE RELISH (LOW SUGAR)  
DASH PAPRIKA  
PINCH STEVIA, TO TASTE

### INSTRUCTIONS:

• IN A LARGE BOWL LAYER CHOPPED ROMAINE, PICKLES, COOKED GROUND BEEF, BACON, AND SHREDDED CHEESE.  
• IN A SMALL BOWL MIX TOGETHER ALL THE INGREDIENTS FOR THE DRESSING.  
• DRIZZLE DRESSING OVER SALAD AND ENJOY IMMEDIATELY!

NUTRITION INFORMATION: 754 CALORIES, 63G FAT, 7G CARBS (6G NET CARBS), 43G PROTEIN

## BACON VEGGIE OMELET

INGREDIENTS: 4 EGGS 2 OUNCES SLICED MUSHROOMS 1 CUP SPINACH, CHOPPED 4 SLICES BACON, COOKED & CHOPPED 1/3 CUP SHREDDED COLBY JACK CHEESE 1 TABLESPOON GRASS FED BUTTER SEA SALT & PEPPER, TO TASTE INSTRUCTIONS: • IN A BOWL, BEAT EGGS TOGETHER, SEASONING WITH SEA SALT AND PEPPER. • HEAT SKILLET TO MEDIUM HIGH HEAT, ADD BUTTER AND ALLOW IT TO MELT. SWIRL PAN TO COAT THE BOTTOM WITH THE MELTED BUTTER. • ADD EGGS TO PAN AND WAIT ABOUT 30 SECONDS TO 1 MINUTE. THEN ADD MUSHROOMS, CHEESE, SPINACH, AND BACON, TO ONE SIDE OF THE EGGS. • ONCE THE EGGS BEGIN TO BUBBLE AND BECOME FIRM, ABOUT 2-3 MINUTES, USE A SPATULA TO SEPARATE THE EGG FROM THE SIDE OF THE PAN, FLIP THE NON-VEGETABLE SIDE OVER, FOLDING OVER. • ALLOW TO COOL A FEW MINUTES AND ENJOY! MAKES 1 SERVING NUTRITION INFORMATION: 692 CALORIES, 54G FAT, 4G CARBS (3G NET CARBS), 47G PROTEIN

## CŌBB SALAD

### INGREDIENTS:

3 CUPS ROMAINE SALAD MIX  
3 OUNCES BONELESS SKINLESS CHICKEN THIGHS,  
COOKED & CHOPPED  
2 EGGS, HARD BOILED & SLICED  
¼ CUP SHREDDED CHEDDAR CHEESE  
3 SLICES BACON, COOKED AND CRUMBLED  
½ MEDIUM AVOCADO, SLICED  
3 TABLESPOONS PALEO RANCH DRESSING  
SALT & PEPPER, TO TASTE

### INSTRUCTIONS:

- IN A LARGE BOWL LAYER SALAD, SLICED HARD-BOILED EGG, BACON, CHEESE, AND AVOCADO.
- TOP SALAD WITH COOKED CHICKEN THIGHS AND DRIZZLE WITH RANCH, ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 813 CALORIES, 64G  
FAT, 14G CARBS (8G NET CARBS), 48G PROTEIN

## DIJŌN MUSTARD CHICKEN SALAD

### INGREDIENTS:

3 CUP CHOPPED ROMAINE  
5 ½ OUNCES CHICKEN THIGHS, COOKED  
¾ MEDIUM AVOCADO, DICED  
2 TABLESPOONS DIJON MUSTARD  
2 TABLESPOONS OLIVE OIL  
2 TABLESPOONS APPLE CIDER VINEGAR  
GARLIC POWDER, TO TASTE  
SALT & PEPPER, TO TASTE

### INSTRUCTIONS:

- IN A LARGE BOWL LAYER ROMAINE AND AVOCADO.
- IN A SMALL BOWL TOSS CHICKEN WITH DIJON MUSTARD AND SEASONINGS UNTIL WELL COATED. PLACE CHICKEN ON TOP OF SALAD.
- IN A SEPARATE SMALL BOWL COMBINE OLIVE OIL AND VINEGAR. DRIZZLE OVER SALAD AND ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 747 CALORIES, 56G FAT,  
14G CARBS (3G NET CARBS), 41G PROTEIN

## TACŌ SALAD

### INGREDIENTS:

6 OUNCES 85/15 GROUND BEEF  
2 TEASPOONS TACO SEASONING (NO SUGAR ADDED)  
3 CUPS FRESH SPINACH  
3 TABLESPOONS BLUE CHEESE CRUMBLES  
1 GREEN ONION STALK, CHOPPED  
1 TABLESPOON SOUR CREAM  
2 TABLESPOONS GUACAMOLE  
3 TABLESPOONS PALEO RANCH DRESSING

### INSTRUCTIONS:

- IN A MEDIUM PAN, BROWN GROUND BEEF WITH TACO SEASONING UNTIL COOKED THROUGH, ABOUT 8-10 MINUTES.
- IN A LARGE BOWL LAYER SPINACH, COOKED GROUND BEEF, GREEN ONION, AND BLUE CHEESE CRUMBLES. TOP WITH SOUR CREAM, GUACAMOLE AND DRIZZLE WITH RANCH. ENJOY!

MAKES 1 SERVING

NUTRITION INFORMATION: 772 CALORIES, 63G FAT, 11G CARBS (7G NET CARBS), 40G PROTEIN

# BACON BURGER

## INGREDIENTS:

6 OUNCES 85/15 GROUND BEEF FORMED INTO A PATTY  
2 SLICES BACON, COOKED  
1 SLICE CHEDDAR CHEESE  
1 LETTUCE LEAF  
3 CUPS BROCCOLI, CHOPPED  
2 TABLESPOONS OLIVE OIL  
SEA SALT, TO TASTE  
PEPPER, TO TASTE  
PAPRIKA, TO TASTE  
GARLIC POWDER, TO TASTE  
NON-STICK COOKING SPRAY

## INSTRUCTIONS:

- PREHEAT OVEN TO 425 DEGREES FAHRENHEIT. SPRAY A BAKING SHEET WITH NON-STICK COOKING SPRAY, SET ASIDE.
  - IN A BOWL, TOSS BROCCOLI WITH OLIVE OIL, AND SEASON TO TASTE. TOSS UNTIL WELL COATED. SPREAD ON BAKING SHEET IN A SINGLE LAYER, CAREFUL NO PIECES OVERLAP.
  - BAKE IN PREHEATED OVEN FOR 10-12 MINUTES, OR UNTIL SOFT, STIRRING ONCE HALF WAY THROUGH.
  - MEANWHILE, SEASON GROUND BEEF PATTY ON EACH SIDE TO DESIRE. GRILL OVER MEDIUM HEAT FOR ABOUT 4 ½ TO 5 MINUTES EACH SIDE OR UNTIL IT REACHES AN INTERNAL TEMPERATURE OF 160 DEGREES FAHRENHEIT.
  - TOP BURGERS WITH CHEESE AND BACON THEN WRAP IN LETTUCE. ENJOY WITH ROASTED BROCCOLI ON THE SIDE!
- MAKES 1 SERVING  
NUTRITION INFORMATION: 862 CALORIES, 67G FAT, 18G CARBS (11G NET CARBS), 50G PROTEIN

# BAKED PORK CHOPS

## INGREDIENTS:

7 OUNCES PORK CHOP  
2 ½ TABLESPOONS GRASS FED BUTTER  
1 TEASPOON ITALIAN SEASONING  
½ TEASPOON MINCED GARLIC  
2 CUPS BROCCOLI, CHOPPED  
SALT & PEPPER, TO TASTE  
¼ CUP WATER  
NON-STICK COOKING SPRAY

## INSTRUCTIONS:

- PREHEAT OVEN TO 350 DEGREES FAHRENHEIT. SPRAY A SMALL BAKING SHEET WITH NON-STICK COOKING SPRAY.
- SEASON BOTH SIDES OF PORK CHOP WITH SALT AND PEPPER. PLACE IN BAKING DISH AND SPRINKLE ITALIAN SEASONING OVER THE TOP OF THE PORK CHOP. TOP WITH 1 TABLESPOON OF BUTTER THEN POUR ¼ CUP OF WATER INTO THE BOTTOM OF THE BAKING DISH.
- COVER BAKING DISH WITH FOIL, TIGHTLY PINCHING EDGES CLOSED. BAKE FOR 45 MINUTES, REMOVE FOIL, THEN CONTINUE BAKING FOR 15-20 MINUTES, OR UNTIL PORK REACHES INTERNAL TEMPERATURE OF 160 DEGREES.
- MEANWHILE, MELT REMAINING BUTTER IN A SKILLET OVER MEDIUM HEAT. ADD BROCCOLI, GARLIC, AND SEASON WITH SALT AND PEPPER TO TASTE. SAUTÉ UNTIL BROCCOLI IS TO DESIRED TENDERNESS.
- ENJOY PORK CHOP WITH BROCCOLI ON THE SIDE.

MAKES 1 SERVING

NUTRITION INFORMATION: 723 CALORIES, 54G FAT, 12G CARBS (7G NET CARBS) 49G PROTEIN

# CHICKEN ZUCCHINI PESTO

## INGREDIENTS:

5 OUNCES BONELESS, SKINLESS CHICKEN THIGH, CUBED  
6 OUNCES ZUCCHINI, SPIRALIZED (ZOODLES)  
1 TABLESPOON OLIVE OIL  
1 TEASPOON MINCED GARLIC  
3 TABLESPOONS PESTO  
3 TABLESPOONS CHOPPED WALNUTS

## INSTRUCTIONS:

- IN A MEDIUM SKILLET OVER MEDIUM HIGH HEAT DRIZZLE ½ TABLESPOON OF OLIVE OIL AND SAUTÉ MINCED GARLIC UNTIL FRAGRANT. ADD CHICKEN AND COOK UNTIL CHICKEN IS WHITE AND COOKED THROUGH, ABOUT 6-8 MINUTES. SET ASIDE.
- IN THE SAME SKILLET ADD REMAINING OLIVE OIL AND ADD ZOODLES. SAUTÉ UNTIL BRIGHT GREEN AND JUST SOFT, ABOUT 5 MINUTES. REMOVE FROM HEAT.
- ADD CHICKEN BREAST AND PESTO TO ZOODLES. TOSS UNTIL WELL COATED. SPRINKLE WITH WALNUTS AND ENJOY IMMEDIATELY.

MAKES 1 SERVING

NUTRITION INFORMATION: 783 CALORIES, 62G FAT, 12G CARBS (9G NET CARBS), 44G PROTEIN

# LASAGNA IN A BOWL

## INGREDIENTS

1 LB GROUND BEEF  
1 CUP MARINARA OR PIZZA SAUCE (WE LIKE RAO'S)  
1 CUP WHOLE MILK RICOTTA (POLLY-O IS A LOW-CARB ONE WE LIKE)  
1/4 CUP GRATED PARMESAN CHEESE  
1/2 TEASPOON GARLIC POWDER  
1/4 TEASPOON ITALIAN SEASONINGS  
1/4 TEASPOON SALT(OPTIONAL)  
ZUCCHINI NOODLES OR BROCCOLI (STEAMED OR SAUTEED)  
1 CUP SHREDDED MOZZARELLA CHEESE

## INSTRUCTIONS

IN A SKILLET, BROWN THE BEEF AND DRAIN IT. SEASON WITH SALT AND PEPPER. SET ASIDE. IN A SMALL BOWL, MIX TOGETHER THE RICOTTA, PARMESAN, GARLIC POWDER, ITALIAN SEASONINGS, AND SALT. TO ASSEMBLE EACH BOWL: IN A MICROWAVE SAFE BOWL, LAYER ZUCCHINI OR BROCCOLI (IF DESIRED), 1/4 OF THE BEEF, 1/4 CUP MARINARA OR PIZZA SAUCE, ABOUT 1/4 CUP RICOTTA MIXTURE, AND 1/4 CUP MOZZARELLA. HEAT IN ONE MINUTE INTERVALS IN THE MICROWAVE UNTIL EVERY THING IS NICE AND BUBBLY. SPRINKLE WITH ADDITIONAL PARMESAN IF DESIRED.

# CHINESE FRIED RICE

## INGREDIENTS:

2 ½ CUPS RICED CAULIFLOWER  
1 ½ TABLESPOONS OLIVE OIL  
1 GREEN ONION  
½ TSP MINCED GARLIC  
1 TABLESPOON COCONUT AMINOS  
1 TABLESPOON SESAME OIL  
1 EGG, BEATEN  
4 OUNCES SHRIMP  
DASH OF GROUND GINGER  
SEA SALT  
1/3 CUP MACADAMIA NUTS

## INSTRUCTIONS:

- OVER MEDIUM HIGH, HEAT OLIVE OIL IN A SKILLET, ROTATING THE PAN SO THE OIL COATS THE BOTTOM. STIR FRY GARLIC AND THE WHITES OF THE GREEN ONION. WATCH CLOSELY SO IT DOESN'T BURN, ABOUT 2-3 MINUTES.
- ADD SHRIMP. STIR FRY UNTIL PINK AND COOKED THROUGH.
- ADD CAULIFLOWER RICE; FRY FOR ABOUT 4-5 MINUTES STIRRING CONSTANTLY SO IT DOESN'T BECOME MUSHY.
- ADD IN GINGER, COCONUT AMINOS, SESAME OIL, AND ONION GREENS.
- PUSH THE "RICE MIXTURE" TO ONE SIDE OF THE PAN. POUR IN EGG INTO THE OTHER SIDE; SCRAMBLE AND COOK UNTIL STILL MOIST. MIX THE EGGS INTO THE "RICE" BREAKING UP LARGE CHUNKS.
- ENJOY STIR FRY WITH MACADAMIA NUTS AS A SIDE!

MAKES 1 SERVING

NUTRITION INFORMATION: 839 CALORIES, 72G FAT, 21G CARBS (12G NET CARBS), 43G PROTEIN

## MOZZARELLA MEATBALLS

1 lb Lean ground pork  
0.5 lb Lean ground beef  
1 tbsps Italian Seasoning  
1 egg  
1 tbsps fresh parsley , finely chopped  
1 tsp salt  
0.5 tsp ground black pepper  
12 oz mozzarella cheese , cut into small cubes  
Rao's sauce

### Instructions

Preheat your oven to 400F Line a half sheet pan with parchment paper so that the meatballs don't stick to the pan. Mix the meat, egg, and seasonings together in a large bowl. Take a golf ball sized piece of the meat mixture and place a cut piece of mozzarella in the middle then form a meatball around the cheese until it's fully enclosed leaving no gaps. Makes about 12 medium meatballs. Bake in a 400F oven for 15- 20 minutes, or until fully cooked through. A small amount of cheese may leak out, but if the meatballs fully enclose the cheese it should be minimal. Serve with the homemade marinara sauce, and sprinkle with chopped fresh parsley, or basil if you prefer.

## PHILLY CHEESESTEAK STUFFED PEPPER

1 1/2 pound 85 % lean ground beef  
(I used grass-fed)  
4 medium green bell peppers  
(5 oz each after prepping)  
8 oz sliced button mushrooms  
1/2 cup onions, chopped (2 oz)  
1 tbsps olive oil  
8 slices Provolone cheese (4 oz) salt and pepper to season

Cut tops off of the peppers and remove remaining seeds pith. Place in a microwave safe baking dish, cover with cling film and cook for 3-4 minutes, depending on your microwave. Remove film and using tongs, pour out any accumulated water from the peppers. Preheat oven to 350 degrees F and place rack to the middle position. Meanwhile, heat a pan over medium heat. When hot, add oil and swirl to coat the pan. Stir in the mushrooms to coat in oil and let cook in a single layer for 2-3 minutes. Add the onion and stir, cooking until they turn translucent and the mushrooms have cooked (2-3 minutes more). Remove the mixture from the pan. Add the ground beef to the pan, breaking it up while cooking. When cooked through, add the mushroom mixture back to the pan and season with enough salt until it tastes good to you. Add a generous amount of pepper (1/4 teaspoon or more to your taste). Lightly season the peppers with salt and pepper. Place 1 slice of cheese in the bottom of each pepper and evenly divide the ground beef stuffing among them. Bake for 20 minutes. Top with the remaining cheese and pop under the broiler to melt and brown. Serves 4 as a meal with one pepper each. 7 net carbs each.

## PORTOBELLO MUSHROOM PIZZA

Olive oil spray  
4 large Portobello mushrooms (stems removed) 1  
1/2 cup Marinara sauce (low sugar)  
1/2 cup Mozzarella cheese (shredded)  
16 slices Pepperoni sausage (or a thinly sliced chorizo link)

Preheat the oven to 375 degrees F (190 degrees C). Line a baking sheet with parchment paper. Coat with a layer of olive oil spray. Scrape out the dark gills from the mushrooms with a spoon, and discard the gills. Place the mushrooms stem side up, and top each with 2 tablespoons (28 g) of sauce. Sprinkle each with 2 tablespoons (28 g) of mozzarella and 4 slices of pepperoni or chorizo. Bake for 20 to 25 minutes, until the cheese is bubbly and the mushrooms are soft. (See notes for alternative method.) Serve immediately.

# CREAMED CŌD

6 cod fillets  
1 tsp. kosher salt or to taste  
4 Tbsp. butter melted  
2 cloves garlic minced  
1/2 c. pork rinds seasoned with garlic salt and parsley

For the cream sauce:

3 Tbsp. butter  
1 Tbsp. xanthan gum  
2 c. whipping cream (or half and half)  
1 c. milk  
3 Tbsp. Parmesan cheese grated  
kosher salt to taste  
black pepper to taste

Preheat oven to 400-degrees. Prepare cream sauce (see instructions below) and set aside, keeping warm. Spray a 9x13 baking dish with cooking spray and place cod fillets in the dish. Sprinkle with salt. Combine melted butter and garlic and brush over fillets, reserving any leftover butter mixture. Sprinkle seasoned breadcrumbs over fillets and pour remaining butter mixture over the top. Pour cream sauce in the spaces between the cod fillets so it fills up the baking dish and just the tops of the fillets are visible. Place in the preheated oven and bake for 25-30 minutes or until the cream sauce starts bubbling. When the sauce starts bubbling up, set oven to "broil" and broil for about 3-5 minutes or until the fillets start to turn golden brown. Keep a CLOSE eye on it to make sure it doesn't start to burn. Remove from oven and serve with potatoes, rice, or vegetables. For the cream sauce: Melt butter in a medium sized sauce pan over medium heat. Slowly add the cornstarch and stir for about 1 minute. While whisking constantly, slowly add whipping cream and milk until well combined. Stir in Parmesan cheese. Reduce heat to low and whisk occasionally for about 10 minutes until sauce becomes rich and creamy, adding more milk, if needed. You want it to be the consistency of a thin gravy. Season with salt and pepper, to taste.

# BACŌN WRAPPED KETŌ MEATLŌAF

## INGREDIENTS

Cooking spray  
1 tbsp. extra-virgin olive oil  
1 medium onion, chopped  
1 stalk celery, chopped  
3 cloves garlic, minced  
1 tsp. dried oregano  
1 tsp. chili powder  
2 lb. ground beef  
1 c. shredded cheddar  
1/2 c. almond flour  
1/4 c. grated Parmesan  
2 eggs  
1 tbsp. low-sodium soy sauce  
Kosher salt & black pepper  
6 thin strips bacon

## Instructions

Preheat oven to 400°. Grease a medium baking dish with cooking spray. In a medium skillet over medium heat, heat oil. Add onion and celery and cook until soft, 5 minutes. Stir in garlic, oregano, and chili powder and cook until fragrant, 1 minute. Let mixture cool slightly. In a large bowl, combine ground beef, vegetable mixture, cheese, almond flour, Parmesan, eggs, soy sauce, and season with salt and pepper. Shape into a large loaf in baking dish, then lay bacon slices on top. Cook until bacon is crispy and beef is cooked through, about 1 hour. If bacon is cooking too quickly, cover dish with foil.



# Purge

Ditch: soft drinks and sodas, energy drinks, bottled juices, Blended smoothies, sweet teas, powdered drink mixes, most kombucha and similar fermented probiotic drinks, sweetened cocktails like daiquiri, margarita, eggnog

Baking Ingredients: flours, starches, and powdered sweeteners. Syrups like karo, maple syrup, molasses and honey.

Dairy products- any milk, processed cheese and cheesy spreads, ice cream, frozen treats and fruity yogurts.

Fats and oils high polyunsaturated vegetable and seed oils (canola, corn, soybean, safflower, sunflower) buttery spreads like smart balance and promise.

Grains- cereals, corn, pasta, rice, wheat, bread and flour products, crackers, croissants, danishes, donuts, etc tortillas, muffin, pizza, pretzels, rolls, cream of wheat, French toast, granola, chips, puffed snacks, popcorn

Legumes- alfalfa, beans, peas, lentils, soybeans, and tofu.

Sweets- brownies, candy, candy bars, cake, caramel, chocolate syrup, cookies, donuts, ice cream,

Sweeteners: sugar, sweet and low, equal,

# Replace

Water is the drink of champions!  
Coffee with cream and stevia.  
Shop carefully for Kombucha you want minimal carbs. Unsweetened teas. Herbal tea.

Almond meal, coconut flour, stevia, xanthan gum, sugar free syrup, Torani Sugar Free Syrups for coffee and flavoring, Sunflower seed meal, Golden flax seed meal, Psyllium husk powder

Real butter, aged cheese, cottage cheese, cream cheese, half and half, heavy cream, kefir, plain yogurt, almond milk.

Replace- avocado oil, coconut oil, or olive oil, mct oil. ghee Macadamia nut oil, butter or lard, or recycled bacon grease, kerrygold butter

For meal staples like pasta, skip them and enjoy the best part—the meatballs and sauce. Swap tortillas for lettuce leaves, sub coconut flour or almond flour for wheat flour. Swap out your grain based snacks for high fat snacks such as nuts, seeds, 90% dark chocolate, sardines, hard boiled eggs, fresh berries.

fresh guacamole, fresh green bean, black soybeans (sparingly), mushrooms, eggplant, avocado, boiled peanuts

Giving up sweets for 30 days may seem horrific. But once you clear your system of excess glucose you will see cravings minimize, crashes moderate and health improve noticeably.

Pyure, Truvia, Stevia, Erythritol, Monkfruit, xylitol

There a ton more ideas on the internet. Take the time and research recipes with lower sugar and lower carb content for long term success! This is a life long process of keeping this weight off. We are here to help but YOU determine YOUR results!



## Infuzed IV Bar

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# Our Recommended Apps



## My Fitness Pal

Great app for tracking food!



## ChatGPT

Type In: Make me a low carb meal plan  
INSTANT MEAL PLANS!



## Weight Drop

See your weight drop graphs



## Carb Manager

Great Low Carb/Keto Tracking App



## Couch to 5k

A simple walking app

**Walking is the most  
underutilized exercise!**