

Detox and Get Skinny with an Anti-Inflammatory Diet

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NUMBER ONE: MINDSET

Don't focus on where you are right now, focus on where you want to go.

The more successes you have, the more challenges you will face.
The bigger the level, the bigger the devil.

That is why it's so critical to know your goal.





What is Your Goal?

My goal is: I want to be comfortable in my clothes. I want to go up and down the stairs easily without my knees hurting. I want to play golf, tennis, and pickle ball and feel good afterwards.

Your vision of where you are going will give you energy. It will get you ignited. It will get you excited.

When your vision, passion, and dream for your life do not align with what's happening right here, right now, overcome that bomb and **move forward.**

YOUR *Invitation* TO JOIN OUR PRIVATE WEIGHT LOSS FACEBOOK GROUP!

GLP-1 SUCCESS BLUEPRINT: WEIGHT LOSS SUCCESS FOR LIFE

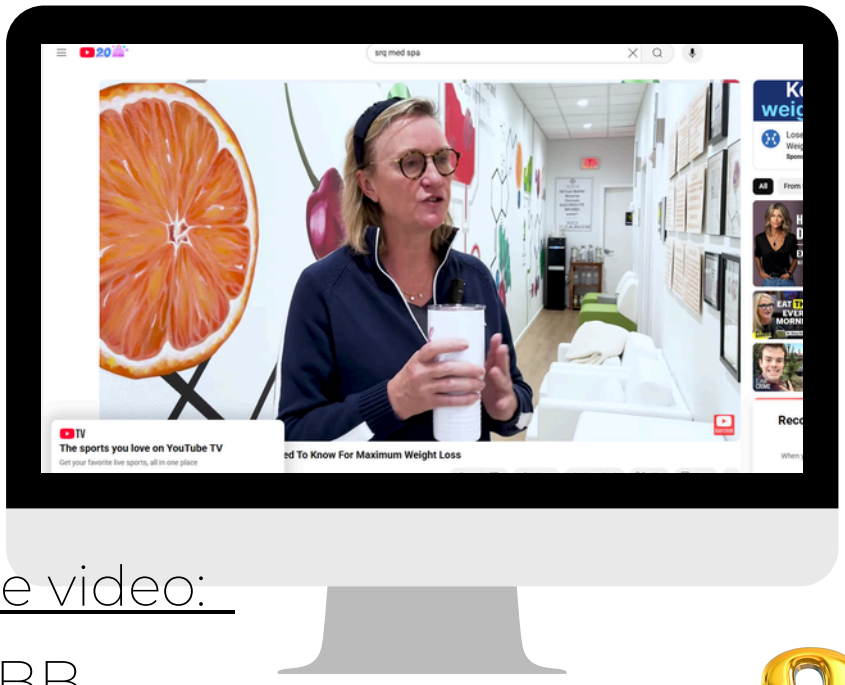
WHAT IS YOUR WEIGHT LOSS GOAL AND WHY?

Now, let's chart a path to reach your goal!

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NUMBER TWO:
EVERYBODY NATURALLY MAKES GLP-1
HOW GLP-1S WORK IN THE BODY

- Peptides exist throughout our body. They are constantly telling different systems and cells what to do. GLP-1 is a type of peptide that you already make. Scientists "re-created" it and developed a class of weight control medications that replicate what your body already does.
- GLP-1 (Glucagon-Like Peptide-1) medications, such as semaglutide (Ozempic, Wegovy) or liraglutide (Saxenda), mimic the natural GLP-1 hormone to support weight loss through several mechanisms:
- Appetite Suppression: GLP-1s act on the part of the brain that reduce hunger signals, making it easier to eat less without feeling deprived.
- Slower Gastric Emptying: They delay food movement from the stomach to the intestines, keeping you fuller longer and reducing the urge to snack.
- Blood Sugar Regulation: GLP-1s enhance insulin sensitivity and reduce glucose spikes, preventing energy crashes and sugar cravings.
- Fat Metabolism: By stabilizing blood sugar and reducing insulin spikes, GLP-1s encourage the body to use stored fat for energy, promoting fat loss.



Here is the Link to the video:

bit.ly/4IGCBBB

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HOW FOOD SUPPORTS GLP-1 PRODUCTION

- High-protein foods (e.g., chicken, salmon) enhance satiety (feeling full or like you have had enough to eat) and preserve muscle mass, aligning with GLP-1's appetite suppression.
- Low-inflammatory foods (e.g., leafy greens, olive oil) reduce insulin resistance and bloating, amplifying fat-burning effects.
- Fiber-rich foods (e.g., broccoli, chia seeds) slow digestion further, complementing GLP-1's gastric-emptying effects and stabilizing blood sugar.

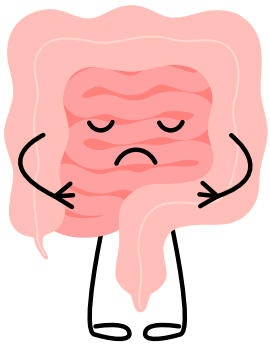
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HOW CERTAIN FOODS BLOCK *weight loss* PROGRESS

- Sugary or processed foods (e.g., soda, white bread) cause rapid blood sugar spikes, increasing insulin and fat storage, counteracting GLP-1 benefits.
- Inflammatory foods (e.g., fried foods, trans fats) disrupt gut health and insulin sensitivity, slowing fat loss.
- Artificial additives (e.g., sweeteners, preservatives) may alter gut microbiota (the micro-organisms in your body that help you to digest food), increasing cravings and reducing GLP-1 effectiveness.
- Alcohol (e.g., wine or spirits) for 6 -10 hours after drinking alcohol your body STOPS making its own GLP-1. It turns off your fat burning efforts.

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UNDERSTANDING INFLAMMATION: THE POWER OF AN ANTI-INFLAMMATORY DIET IN WEIGHT LOSS

Chronic inflammation is when your body's immune system stays slightly active all the time, even when there's no real threat. This constant low-level response can throw off how your body handles things like blood sugar and fat, making it easier to gain weight.

- Insulin Resistance: Inflammation impairs insulin signaling, causing cells to become less responsive to insulin. This leads to higher blood sugar levels, increased fat storage (especially visceral fat around organs), and difficulty burning fat for energy.

- Hormonal Imbalance: Inflammatory molecules (cytokines) disrupt hormones like "leptin" (which signals fullness) and "ghrelin" (which triggers hunger), leading to overeating and cravings for sugary or processed foods.

- Energy Disruption: Inflammation stresses mitochondria (the cell's energy powerhouses), reducing energy production and causing fatigue, which can lower motivation for exercise or healthy eating.

- Fat Cell Dysfunction: Inflamed fat cells (adipocytes) release more inflammatory signals, creating a vicious cycle that promotes fat accumulation and makes fat loss harder.

- Water Retention and Bloating: Inflammation can cause fluid retention, masking fat loss progress and making you feel heavier than you are.

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NUMBER THREE:

WEIGHT LOSS BENEFITS OF AN ANTI-INFLAMMATORY DIET





click here!

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An anti-inflammatory diet focuses on whole, nutrient-dense foods that reduce inflammation, optimize metabolism, and enhance GLP-1 results.

- **Improves Insulin Sensitivity**: Anti-inflammatory foods like leafy greens, fatty fish, and berries stabilize blood sugar, allowing insulin to work efficiently. This reduces fat storage and promotes fat burning, amplifying GLP-1's metabolic effects which helps you feel and stay feeling full longer.

- **Enhances Satiety:** High-fiber, nutrient-rich foods (e.g., broccoli, chia seeds) slow digestion and support gut health, reinforcing GLP-1's appetite suppression and reducing cravings.

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- Reduces Fat Storage: Omega-3 fatty acids (e.g., in salmon, walnuts) and antioxidants (e.g., in blueberries) lower inflammatory cytokines (messenger proteins that send alarms), shrinking inflamed fat cells and making it easier to lose stored fat.

- Boosts Energy and Metabolism: Anti-inflammatory foods provide steady energy by supporting mitochondrial function, helping you stay active and burn more calories.

- Decreases Bloating: Foods like asparagus and fermented vegetables reduce water retention and gut inflammation, helping you feel lighter and see progress faster.

- Supports Gut Health: Prebiotic (e.g., garlic, onions) and probiotic (e.g., Greek yogurt) foods restore a healthy gut microbiome, reducing systemic inflammation and enhancing GLP-1's satiety signals.

KEY ANTI-INFLAMMATORY FOODS (GLP-1 FRIENDLY)



- Vegetables: Spinach, kale, broccoli, cauliflower (high in fiber and antioxidants).
- Fruits: Berries, green apples (low-sugar, high in polyphenols).
- Proteins: Salmon, sardines, tofu (rich in omega-3s or plant-based nutrients).
- Fats: Olive oil, avocado, flaxseeds (monounsaturated fats and omega-3s).
- Spices: Turmeric, ginger (contain curcumin and gingerol to fight inflammation).

THIS IS YOUR INVITATION TO JOIN SRQ MED SPA'S FACEBOOK GROUP:

SRQ Med Spa:
Wealth and Wellness

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FOODS TO AVOID

- Sugary drinks, refined carbs, fried foods, and processed meats
- Artificial additives (e.g., aspartame, sodium benzoate) that disrupt gut health. (see the "Avoid This" list in the GLP-1 Success Guide).



SYNERGY WITH GLP-1S

- Enhancing appetite control through reduced cravings and improved gut-brain signaling.
- Maximizing fat loss by lowering insulin resistance and inflammation.
- Improving overall health, reducing side effects like nausea, and supporting long-term weight maintenance.



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NUMBER FOUR: HOW TO START AN ANTI-INFLAMMATORY DIET

- Prioritize Whole Foods: Fill your plate with vegetables, lean proteins, and healthy fats (see the Daily Plate Formula in the GLP-1 Success Guide).
- Limit Processed Foods: Avoid packaged snacks, sugary desserts, and foods with preservatives or artificial colors.
- Incorporate Anti-Inflammatory Spices: Add turmeric, ginger, or garlic to meals for flavor and benefits.
- Stay Hydrated: Drink 80-100 oz of water daily to flush toxins and reduce bloating.
- Track Progress: Note changes in energy, hunger, and weight to stay motivated.

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Practical Tips for Success

work in progress

- Meal Timing: Aim for 2-3 meals daily, spaced 4-5 hours apart, to leverage GLP-1's appetite suppression. Avoid frequent snacking to stabilize blood sugar.
- Hydration: Drink 80-100 oz of water daily, adding lemon or cucumber for flavor. Herbal teas (e.g., ginger, chamomile) reduce bloating and support digestion.
- Flavor Boost: Use anti-inflammatory spices (e.g., turmeric, ginger, garlic) and fresh herbs (e.g., basil, cilantro) to enhance taste without calories.
- Prep Ahead: Batch-cook proteins and veggies weekly (e.g., grill chicken, roast cauliflower) for quick assembly. Store in glass containers to avoid toxins.
- Dining Out: Choose grilled proteins, steamed veggies, and olive oil-based dressings. Request sauces on the side and skip starchy sides like fries.

HAVE YOU SEEN OUR WEB SITE?

SRQMedSpa.com

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DAILY PLATE FORMULA

GLP-1 medications (like Ozempic, Wegovy, or Saxenda) help you lose weight by curbing appetite, slowing digestion, and boosting fat-burning. To maximize these benefits, your meals need to be balanced, nutrient-dense, and anti-inflammatory. This Daily Plate Formula is a simple, visual guide to building GLP-1-friendly meals that keep you full, stabilize blood sugar, and support long-term fat loss.

50% Non-Starchy Vegetables



Fill half your plate with colorful, fiber-rich vegetables to provide volume, nutrients, and "fullness" with minimal calories.

- Examples: Spinach, kale, broccoli, cauliflower, zucchini, asparagus, bell peppers, arugula, mushrooms.
- Why It Works: High fiber slows digestion (complementing GLP-1's gastric-emptying effect), reduces bloating, and fights inflammation to enhance fat loss.
- Portion: Unlimited, aim for 2-3 cups raw or 1-2 cups cooked.



25-30% Protein

Include a palm-sized portion of high-quality protein to preserve muscle, boost satiety (feeling full), and support metabolism.

- Examples: Quality fatty beef, turkey, wild-caught salmon, chicken, tofu, eggs, Greek yogurt (unsweetened), lentils.
- Why It Works: Protein enhances GLP-1's appetite suppression, maintains muscle mass during weight loss, and stabilizes blood sugar.
- Portion: 4-6 oz (cooked) or 20-30g protein per meal (e.g., 1 chicken breast, 2 eggs + ½ cup egg whites).

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15–20% Healthy Fats



Add a small amount of healthy fats for hormone health, flavor, and sustained energy.

- Examples: Spinach, kale, broccoli, cauliflower, zucchini, asparagus, bell peppers, arugula, mushrooms. Examples: Avocado, extra virgin olive oil, almonds, walnuts, chia seeds, flaxseeds.
- Why It Works: Anti-inflammatory fats support insulin sensitivity and fat metabolism, aligning with GLP-1's fat-burning effects.
- Portion: 1-2 tbsp (e.g., ½ avocado, 1 tbsp olive oil, ¼ cup nuts).

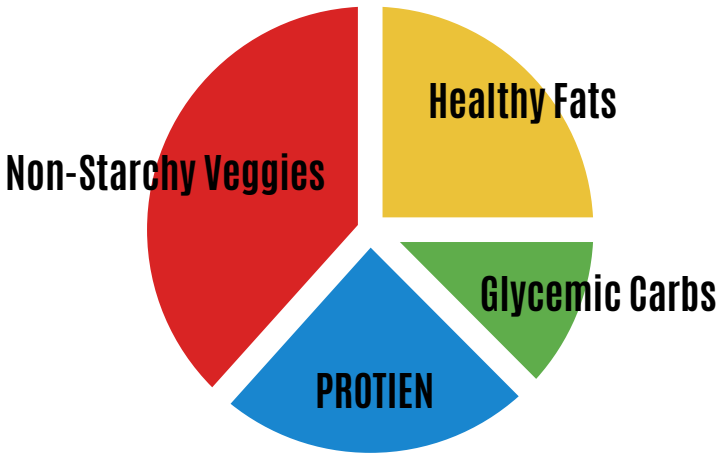
KEY POINT: Fats BURN Fats



10–15% Low-Glycemic Carbs

Include a small portion of complex carbs for energy, especially if active or transitioning to maintenance.

- Examples: Quinoa, sweet potato, berries, chickpeas, green apples.
- Why It Works: Low-glycemic carbs provide steady energy without spiking blood sugar, preventing insulin surges that stall fat loss.
- Portion: ¼–½ cup cooked (e.g., ¼ cup quinoa, ½ small, sweet potato).



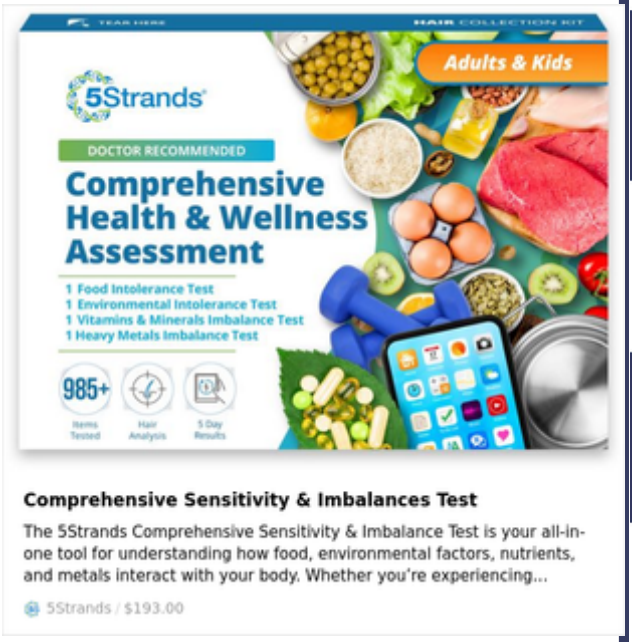
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THESE ARE AFFILIATE LINKS TO WELLNESS PRODUCTS THAT I TAKE:

5 STRANDS

Figure Out Where You Are Now!

You send them 5 strands of hair, and they provide insights that identify the obstacles between you and your health and wellness goals. 5Strands is a holistic health and wellness company offering functional health assessments for individuals and pets, all from the comfort of your home. Discover personalized insights into how your body reacts to current dietary habits and lifestyle patterns. 5Strands helps you achieve your wellness objectives with ease and convenience.



check this out

FATTY 15

FATTY15 IS YOUR ESSENTIAL, ESSENTIAL FATTY ACID

20% OFF

C15:0 is an essential fatty acid that your body needs to stay healthy, especially as you age. Fatty15 is a science-backed, patented, award-winning, pure and vegan-friendly C15:0 supplement to support your long-term health and wellness.

Fatty15 promotes healthy metabolism, balanced immunity, and heart health. 2 out of 3 customers report near-term benefits, including calmer mood, deeper sleep or less snacking, within 6 weeks.

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Prescription semaglutide can get the "Weight Loss Ball" Rolling!

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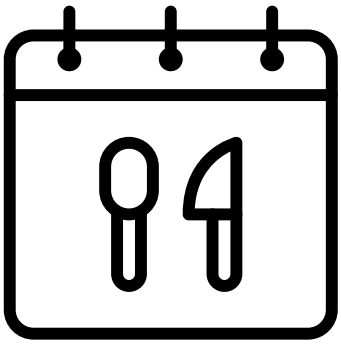
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ANTI-INFLAMMATORY MEAL PLANNER

EACH DAY INCLUDES BREAKFAST, LUNCH, DINNER, AND AN OPTIONAL SNACK, WITH PORTIONS ALIGNED TO THE DAILY PLATE FORMULA. MEALS EMPHASIZE ANTI-INFLAMMATORY INGREDIENTS (E.G., OMEGA-3-RICH FISH, ANTIOXIDANT-PACKED VEGGIES, TURMERIC) TO REDUCE INSULIN RESISTANCE AND ENHANCE FAT LOSS.

MEAL PLAN



Day 1

- Breakfast: Spinach & Egg Scramble
  - Veggies: 1 cup sautéed spinach, ½ cup mushrooms
  - Protein: 2 eggs + ½ cup egg whites
  - Fat: 1 tbsp olive oil (for cooking)
  - Carb: ½ cup blueberries
  - Flavor: Turmeric, black pepper
- Lunch: Grilled Chicken Salad
  - Veggies: 2 cups mixed greens (arugula, kale), cucumber
  - Protein: 5 oz grilled chicken breast
  - Fat: ½ avocado, 1 tbsp olive oil-lemon dressing
  - Carb: ¼ cup quinoa
  - Flavor: Fresh dill, garlic
- Dinner: Baked Salmon with Roasted Veggies
  - Veggies: 1.5 cups roasted broccoli and zucchini
  - Protein: 4 oz wild-caught salmon
  - Fat: 1 tbsp olive oil (for roasting)
  - Carb: ½ small sweet potato
  - Flavor: Rosemary, lemon zest
- Snack (Optional): ¼ cup almonds, 1 cup sliced cucumber

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Day 2



- Breakfast: Greek Yogurt Bowl
  - Veggies: None (substituted with fruit for variety)
  - Protein: ¾ cup unsweetened Greek yogurt
  - Fat: 1 tbsp chia seeds, 2 tbsp walnuts
  - Carb: ½ cup raspberries
  - Flavor: Cinnamon
- Lunch: Turkey Lettuce Wraps
  - Veggies: 2 cups romaine lettuce (as wraps), bell peppers
  - Protein: 5 oz ground turkey (cooked with ginger)
  - Fat: ½ avocado
  - Carb: ¼ cup chickpeas
  - Flavor: Cilantro, lime
- Dinner: Cod with Asparagus
  - Veggies: 1.5 cups steamed asparagus and cauliflower
  - Protein: 5 oz baked cod
  - Fat: 1 tbsp olive oil drizzle
  - Carb: None (optional for lower-carb days)
  - Flavor: Garlic, parsley
- Snack (Optional): 1 hard-boiled egg, 1 cup celery sticks

SHOPPING LIST

VEGETABLES

- Spinach: 16 oz
- Kale: 12 oz
- Broccoli: 2 lbs
- Cauliflower: 2 heads
- Zucchini: 4 medium
- Asparagus: 1 lb
- Brussels Sprouts: 1 lb
- Bell peppers (4)
- Cucumbers (2)
- Mushrooms (8 oz)
- Carrots (1 lb)
- Celery (1 bunch)
- Tomatoes (2)
- Mixed greens (8 oz)
- Seaweed (small pack)
- Grass-fed beef (10 oz)

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Day 3



- Breakfast: Green Smoothie
  - Veggies: 1 cup kale, ½ cup cucumber
  - Protein: 1 scoop plant-based protein powder
  - Fat: 1 tbsp flaxseeds
  - Carb: ½ green apple
  - Base: Unsweetened almond milk
  - Flavor: Ginger
- Lunch: Tofu Veggie Stir-Fry
  - Veggies: 1.5 cups broccoli, bell peppers, zucchini
  - Protein: 5 oz grilled tofu
  - Fat: 1 tbsp coconut oil (for cooking)
  - Carb: ¼ cup wild rice
  - Flavor: Turmeric, coconut aminos
- Dinner: Grass-Fed Beef with Brussels Sprouts
  - Veggies: 1.5 cups roasted Brussels sprouts
  - Protein: 5 oz grass-fed beef (lean cut)
  - Fat: 1 tbsp olive oil (for roasting)
  - Carb: ½ cup roasted butternut squash
  - Flavor: Thyme, garlic
- Snack (Optional): ½ cup Greek yogurt, ¼ cup blueberries

SHOPPING LIST

FRUITS

- Blueberries (1 pint)
- Raspberries (1 pint)
- Strawberries (1 pint)
- Green apples (2)

FATS

- Extra virgin olive oil (16 oz)
- Coconut oil (8 oz)
- Avocados (4)
- Almonds (8 oz)
- Walnuts (8 oz)
- Chia seeds (4 oz)
- Flaxseeds (4 oz)
- Almond butter (small jar)

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Day 4

- Breakfast: Egg & Veggie Muffins
  - Veggies: 1 cup spinach, ½ cup bell peppers (in muffins)
  - Protein: 3 eggs (2 muffins)
  - Fat: 1 tbsp olive oil (for cooking)
  - Carb: ½ cup raspberries
  - Flavor: Basil, paprika
- Lunch: Lentil Veggie Soup
  - Veggies: 1.5 cups carrots, celery, spinach
  - Protein: ½ cup cooked lentils
  - Fat: 1 tbsp olive oil (for cooking)
  - Carb: ¼ cup quinoa
  - Flavor: Turmeric, bay leaf
- Dinner: Turkey with Roasted Veggies
  - Veggies: 1.5 cups roasted zucchini and asparagus
  - Protein: 5 oz turkey breast
  - Fat: 1 tbsp olive oil (for roasting)
  - Carb: ½ small sweet potato
  - Flavor: Rosemary, lemon
- Snack (Optional): 1 tbsp almond butter, 1 cup celery



SHOPPING LIST

CARBS

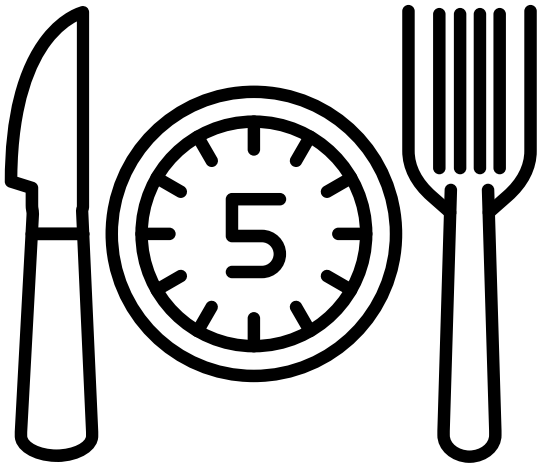
- Quinoa (1 cup dry)
- Wild rice (1 cup dry)
- Sweet potatoes (2 small)
- Butternut squash (1 small)
- Chickpeas (1 can or 1 cup dry)

PANTRY

- Unsweetened almond milk
- Turmeric, ginger, garlic,
- rosemary, thyme, basil,
- cilantro, dill, parsley,
- cinnamon, paprika,
- black pepper, sea salt
- Coconut aminos
- lemon juice, lime juice,
- sesame seeds

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Day 5



- Breakfast: Avocado & Egg Bowl
  - Veggies: 1 cup arugula, ½ cup tomatoes
  - Protein: 2 eggs (poached)
  - Fat: ½ avocado
  - Carb: ½ cup blueberries
  - Flavor: Black pepper, cilantro
- Lunch: Shrimp Salad
  - Veggies: 2 cups mixed greens, cucumber
  - Protein: 5 oz grilled shrimp
  - Fat: 1 tbsp olive oil-lemon dressing
  - Carb: ¼ cup chickpeas
  - Flavor: Dill, garlic
- Dinner: Tofu with Broccoli
  - Veggies: 1.5 cups steamed broccoli, cauliflower
  - Protein: 5 oz baked tofu
  - Fat: 1 tbsp coconut oil (for cooking)
  - Carb: ¼ cup wild rice
  - Flavor: Ginger, sesame seeds
- Snack (Optional): ¼ cup almonds, 1 cup bell pepper slices

WHY THIS PLANNER WORKS

- Reduces Inflammation: Omega-3s (salmon, flaxseeds), antioxidants (berries, kale), and spices (turmeric) lower inflammatory markers, improving insulin sensitivity and fat loss.
- Enhances GLP-1 Benefits: High protein and fiber amplify appetite suppression, while low-glycemic foods prevent insulin spikes, maximizing fat-burning.
- Promotes Satiety: Nutrient-dense meals keep you full, reducing cravings and overeating.
- Easy and Sustainable: Varied meals, batch prep, and simple ingredients make this plan practical for busy lifestyles.

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Day 6



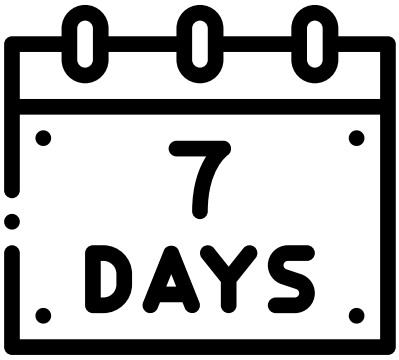
- Breakfast: Greek Yogurt Parfait
  - Veggies: None (fruit-focused for variety)
  - Protein: ¾ cup unsweetened Greek yogurt
  - Fat: 1 tbsp flaxseeds, 2 tbsp walnuts
  - Carb: ½ cup mixed berries
  - Flavor: Cinnamon
- Lunch: Chicken Veggie Bowl
  - Veggies: 1.5 cups roasted zucchini, spinach
  - Protein: 5 oz grilled chicken
  - Fat: ½ avocado
  - Carb: ¼ cup quinoa
  - Flavor: Turmeric, parsley
- Dinner: Salmon with Brussels Sprouts
  - Veggies: 1.5 cups roasted Brussels sprouts
  - Protein: 4 oz wild-caught salmon
  - Fat: 1 tbsp olive oil (for roasting)
  - Carb: ½ cup roasted butternut squash
  - Flavor: Garlic, lemon zest
- Snack (Optional): ½ cup coconut yogurt, ¼ cup strawberries

Tips for Building a Toxin-Free Kitchen

1. Purge Processed Foods: Donate or discard sugary snacks, canned soups, and frozen meals with long ingredient lists.
2. Check Labels: Avoid products with more than 5 ingredients or unrecognizable additives.
3. Invest in Storage: Use glass containers to store leftovers and prepped ingredients safely.
4. Choose Organic When Possible: Prioritize organic for the “Dirty Dozen” (e.g., strawberries, spinach) to reduce pesticide exposure.
5. Stock Spices: Use fresh herbs, garlic, and spices to add flavor without sodium or additives.

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Day 7

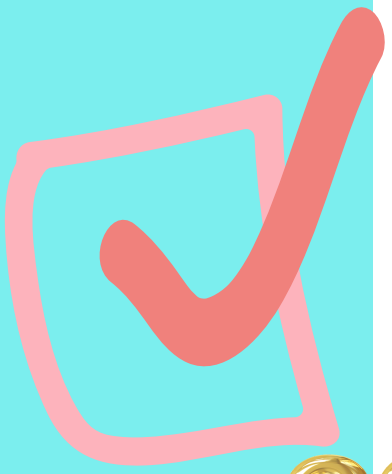


- Breakfast: Chia Pudding
  - Veggies: None (fruit-focused for variety)
  - Protein: ¾ cup unsweetened coconut yogurt
  - Fat: 2 tbsp chia seeds
  - Carb: ½ cup strawberries
  - Base: Unsweetened almond milk
  - Flavor: Vanilla extract (pure)
- Lunch: Salmon Poke Bowl
  - Veggies: 2 cups spinach, seaweed
  - Protein: 4 oz wild-caught salmon (raw or cooked)
  - Fat: ½ avocado
  - Carb: ¼ cup cauliflower rice
  - Flavor: Sesame seeds, lime
- Dinner: Chicken with Cauliflower Mash
  - Veggies: 1 cup steamed cauliflower (mashed), 1 cup kale
  - Protein: 5 oz grilled chicken
  - Fat: 1 tbsp olive oil (in mash)
  - Carb: None (optional for lower-carb days)
  - Flavor: Garlic, chives
- Snack (Optional): ¼ cup walnuts, 1 cup zucchini slices

DAILY CHECKLIST

Track your progress to stay motivated:

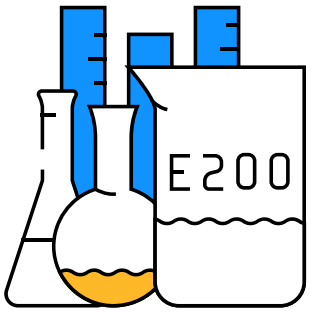
- [ ] Drank 80 oz water
- [ ] Ate 3 detox meals
- [ ] Had 1-2 snacks
- [ ] Drank 1-2 herbal teas
- [ ] Slept 7+ hours
- [ ] Noted energy, mood, and cravings



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NUMBER FIVE:

FOOD ADDITIVES THAT CAUSE YOU TO GAIN WEIGHT



Many processed foods contain preservatives and toxins that disrupt gut health, increase inflammation, and hinder GLP-1 effectiveness.

Preservatives

- BHA (Butylated Hydroxyanisole) and BHT (Butylated Hydroxytoluene): Found in cereals, snacks, and packaged baked goods; linked to hormonal disruption and inflammation.
- Sodium Benzoate: Common in sodas and condiments; may irritate the gut and increase cravings.
- Potassium Sorbate: Used in cheese, dried fruits; can disrupt gut microbiota in high amounts.
- Nitrates/Nitrites: In processed meats (e.g., bacon, deli meats); linked to inflammation and insulin resistance.

Toxins

- Artificial Sweeteners (aspartame, sucralose, saccharin): Found in diet sodas, sugar-free products; may alter gut bacteria and trigger cravings.
- Trans Fats (partially hydrogenated oils): In fried foods, margarine, and packaged snacks; increase inflammation and fat storage.
- High-Fructose Corn Syrup: In sodas, candies, and processed snacks; spikes blood sugar and promotes fat accumulation.
- Artificial Colors (e.g., Red 40, Yellow 5): In candies, cereals, and drinks; linked to gut irritation and behavioral changes.
- Pesticides (non-organic produce): Found on fruits/veggies like strawberries, apples; may disrupt metabolism and hormones.

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NUMBER SIX:

RESET YOUR GUT, RESET YOUR WEIGHT: A 3-DAY DETOX TO REDUCE CRAVINGS AND SUPPORT GLP-1 RESULTS

Your gut microbiome influences appetite, metabolism, and fat storage. Poor gut health can:

- Increase cravings for sugary, processed foods.
- Cause bloating and water retention, masking fat loss.
- Reduce GLP-1 effectiveness by disrupting satiety signals.

A short detox can reset your gut by reducing inflammation, eliminating harmful bacteria, and promoting beneficial microbes, amplifying GLP-1's benefits.



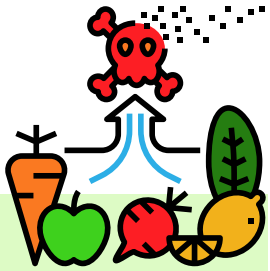


The Best Supplements for Gut Reset

- Probiotics: Support beneficial bacteria (look for 10-50 billion CFU, multi-strain).
- L-Glutamine: Repairs gut lining (5-10g daily, mixed in water).
- Omega-3 Fish Oil: Reduces inflammation (1-2g daily).
- Digestive Enzymes: Aid nutrient absorption (take with meals).

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3-DAY FOOD-BASED DETOX PLAN



Day 1: Cleanse

- Breakfast: Green smoothie (spinach, cucumber, green apple, ginger, almond milk)
- Lunch: Bone broth with steamed zucchini and herbs
- Dinner: Baked salmon, sautéed kale, ½ avocado
- Snacks: Herbal tea (peppermint or chamomile), raw almonds
- Hydration: 80 oz water with lemon

Day 2: Restore

- Breakfast: Chia seed pudding (chia seeds, unsweetened coconut milk, berries)
- Lunch: Chicken veggie soup (carrots, celery, spinach, turmeric)
- Dinner: Grilled turkey, roasted Brussels sprouts, olive oil drizzle
- Snacks: Kombucha, sliced cucumber with hummus
- Hydration: 80 oz water, ginger tea

Day 3: Rebalance

- Breakfast: Scrambled eggs with spinach and tomatoes
- Lunch: Quinoa salad with arugula, avocado, and lemon dressing
- Dinner: Cod with asparagus and mashed cauliflower
- Snacks: Green tea, handful of walnuts
- Hydration: 80 oz water, dandelion root tea

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