

THE

MICRONUTRIENT

MIRACLE

The **28-DAY PLAN** to Lose Weight,
Increase Your Energy, and Reverse Disease

**QUICK START
COMPANION GUIDE**

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★ GOLDEN RULE #1 Pass on These Poor Food Perpetrators

You must completely eliminate the following three foods, as well as all of their aliases.

Sugar	Wheat	Soy
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★ GOLDEN RULE #2 Oust the Obesogens

Do your best to eliminate these obesogens that you come into contact with on a daily basis.

MSG	BPA	Phtalates
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★ GOLDEN RULE #3 Reduce the EMDs Found in Foods & Beverage

Use proper preparation to minimize micronutrient loss or eliminate all together.

Phytates	Trypsin inhibitors	Phtalates
Oxalates	Phosphoric acid	Tannins
Lectins	Alcohol	

★ GOLDEN RULE #4 Shop Using our Good, Better, Best System & our Rich Food Picks

We went down the aisles and demonstrated how you can get the most micro- nutrient bang in every bite for all the foods we want you to put in your grocery cart over the next 28 days. Follow our guidelines and use our Rich Food picks in each of the following categories.

Produce	Oils & fats	Sugar alternatives
Ruminants & pork	Spice	Coffee & tea
Dairy	Salt	Alcohol
Poultry & eggs	Condiments	All-day drinkables
Seafood	Salad dressing	
Protein powder	Flour alternatives	

★ GOLDEN RULE #5 Reduce Stress

Use one or more of the techniques below when stress hits. If time permits, you can use these techniques in the morning and before bed, to center yourself. After all, even as little as 5 minutes can help. Aren't you worth it?

- 1) Meditate with a mantra!
- 2) Become aware of your body!
- 3) Dance until stress levels drop!
- 4) Practice focused breathing!
- 5) Move it to lose it!

★ GOLDEN RULE #6 Exercise Smarter, Not Longer

We are going to teach you how to work out wisely, getting maximum results with less effort and less time. For the next 28 days, we want you to burn fat and build muscle faster using our trademark Zero Movement Training (ZMT) for cardiovascular fitness and One Set To Failure (1-STF) for weight training.

★ GOLDEN RULE #7 Dump the Toxins — Get Out of the Toxic Soup

While you may be attached to many of these household and beauty conveniences, take some time to really consider eliminating as many as you can. By doing so, you prevent your micronutrient levels from being depleted by your body's constant attempts to remove and flush these toxins. In turn, those micronutrients can then work toward your micronutrient sufficiency and, ultimately, your optimal health.

Perfume/cologne	Detergent	Dryer sheets
Toothpaste	Shampoo & body wash	Makeup
Deodorant	Dish soap	Plastic storage containers
Nonstick pots & pans		

★ **GOLDEN RULE #8 Supplement with a Properly Formulated Multivitamin Twice Daily**

The first key supplement is your multivitamin. As we stated earlier, your body needs to be able to absorb and use the micronutrients delivered in a multivitamin, so they don't just get flushed down the toilet. We firmly believe that following our ABCs of Optimal Supplementation Guidelines will guarantee that your money is being well spent on a formulation that eliminates the common delivery flaws. We created our multivitamin, Nutreince, for this specific reason, and we are confident that if you decide to use it, like thousands of clients before you.

★ **GOLDEN RULE #9 Consume Two Protein Shakes or Protein-Based Meal Replacements Daily**

The second key supplement—which will supply your body with enough of the essential amino acids—will be your protein powder. We highly suggest you follow our delicious Triple Threat recipes, as they will simplify your supplementation schedule. We decided to call our daily micronutrient-dense, muscle-building, and fat-burning shake the Triple Threat, as well, because we felt it covered all the bases. It is everything you would want or need, all wrapped up in one great-tasting creamy beverage. It combines the vitamins and minerals from Nutreince with the amino acids from IN.POWER protein, and the fat-metabolizing and brain-boosting power from SKINNYFat.

★ **GOLDEN RULE #10 Make Sure You Are Getting Enough Omega-3s**

Where your omega-3s are concerned, we are going to give you a couple of choices: You can eat 'em or take 'em. One problem, however, with fish oil is that research has discovered that the beneficial components EPA and DHA compete with one another for absorption just like certain vitamins and minerals. Because of this, we created Origin Omega which is the first and only omega-3 product formulated using our patented Anti-Competition Technology to separate the EPA and DHA to eliminate the competition and greatly improve the absorption and utilization potential of both. Remember, your essential fatty acids are "essential," but eating a few servings of wild-caught fish per week is a perfectly delicious way to get them in!

Foods to Limit

FRUITS		STARCHES AND OTHER LIMITED FOODS
While all fruits are available, those bolded are better options. 1 serving = 1 whole fruit or 1 cup berries		All of the items below are considered starches and must be limited. Please make sure to check proper preparation guidelines to reduce antinutrients. 1 serving = up to 1 cup for women and up to 1½ cups for men
Apples ⁻	All dried fruit	Amaranth (sprouted)
Apricots	Bananas	Beans (sprouted)
Berries ⁻	Dates	Beets
Cherries	Figs	Buckwheat (sprouted)
Coconut	Grapes	Corn (non-GMO) ⁻
Dragon fruit	Lychee	Green peas ⁺
Grapefruit ⁺	Mangoes	Jicama
Melons ⁺	Papayas	Nuts (sprouted)
Nectarines ⁻	Pineapples	Oats (sprouted)
Oranges/tangerines	Raisins	Parsnips
Passion fruit	Watermelon	Potatoes (non-GMO) ⁻
Peaches ⁻		Quinoa (sprouted)
Pears		Rice (fermented or soaked)
Persimmons		Seeds (sprouted)
Plums		Squash (acorn, butternut, winter)
Pomegranates		Sweet potatoes/yams ⁺
Prunes		Pastas, breads, or any other products made out of the ingredients above

+ Fabulous 14—Safe to buy conventional
- Terrible 20—Always purchase organic

Starches, fruits, nuts, & seeds:

Choose 2 servings a week. This can be 2 servings of gluten-free starch or 2 servings of fruit or 2 servings of nuts/seeds or any combination (not to exceed 2 servings total per week).

Alcohol: Enjoy 2 servings per day

Caffeinated drinks: Enjoy 2 servings per day

Foods to Enjoy

LIST OF NONSTARCHY VEGETABLES TO ENJOY

(Yes, we know some are technically fruits.)

Serving size: Eat until satiated, not stuffed.

Artichokes	Hot peppers ⁻
Asparagus ⁺	Kale ^{-*}
Avocado ⁺	Kohlrabi [*]
Bamboo shoots	Lettuce (all leaf varieties) ⁻
Bell peppers (all colors) ⁻	Mushrooms ⁺⁺
Bok choy [*]	Okra
Broccoli [*]	Onions ⁺
Brussels sprouts ⁺	Pumpkin
Cabbage ^{++*}	Radishes [*]
Carrots	Snap/snow peas ⁻
Cauliflower ^{++*}	Spaghetti squash
Celery ⁻	Spinach ^{-*}
Cherry tomatoes ⁻	Summer squash ⁻
Collard greens ^{-*}	Swiss chard [*]
Cucumbers ⁻	Tomatoes
Eggplant ⁺	Water chestnuts
Green beans	Zucchini ⁻

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-Terrible 20—Always purchase organic
*Always cook

Ferments: Have 2 or 3 forkfuls each day (preferably raw) or use probiotic supplementation.

Fish: Eat 2 or 3 servings per week or use omega-3 supplementation.

Fibrous vegetables: Eat these until satisfied, not stuffed.

Timing: Have four meals a day, eaten every 3 to 5 hours (4 is optimal). Two meals should be Triple Threat Shakes or treats.

THE FAB 14 AND TERRIBLE 20 SAFE SHOPPING GUIDE

THE FAB 14: On a budget, choose these conventionally grown. They are listed from best (lowest pesticide content) to worst (highest pesticide content).

THE TWEENS: These are listed from best (lowest pesticide content) to worst (highest pesticide content).

THE TERRIBLE 20: Always buy these organic and avoid them at restaurants, unless specifically listed as organic (listed from highest pesticide content to lowest and includes GMO produce[†]).

FAB 14	TWEENS	TERRIBLE 20
Avocado	Honeydew melon	Apples [†]
Pineapples	Watermelon	Peaches
Cabbage	Tomatoes	Nectarines
Sweet peas	Oranges	Strawberries
Onions	Bananas	Grapes
Asparagus	Green onions	Celery
Mango	Broccoli	Spinach
Kiwifruit	Carrots	Sweet bell peppers
Eggplant	Tangerines	Cucumbers
Grapefruit	Winter squash	Cherry tomatoes
Cantaloupe	Raspberries	Snap peas
Cauliflower	Green beans	Soybeans (edamame) [†]
Sweet potatoes	Pears	Potatoes [†]
Mushrooms	Plums	Hot peppers
	Cherries	Kale/collard greens
		Blueberries
		Lettuce
		Summer squash (zucchini [†] or yellow crookneck [†])
		Hawaiian papaya [†]
		Sweet corn [†]

Meal Timing

When it comes to timing your meals, the Micronutrient Miracle protocol is to eat every 3 to 5 hours—4 being optimal. So, for example, if you wake up at 6:30 a.m., you might grab a cup of coffee and have a Triple Threat Shake at 7:00 a.m. Then at 11:30 a.m. you could have lunch, and at 3:00 p.m. you would make and enjoy another Triple Threat Shake or grab a Triple Threat pudding. Lastly, at around 7:00 p.m., you would enjoy dinner. That would be one example.

Option 1: Shake—Meal 1—Shake—Meal 2

Option 2: Meal 1—Shake—Meal 2—Shake

Option 3: Meal 1—Shake—Shake—Meal 2

Option 4: Shake—Meal 1—Meal 2—Shake

Option 5: Meal 1—Meal 2—Shake—Shake

Option 6: Shake—Shake—Meal 1—Meal 2

WEEK 1

DAY 1 (Sunday)

9:00 a.m. *Baked Apple à la Micronutrient Miracle Mode* (page 299) or *Greek Yogurt and Fruit Bowl* (page 298)

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. Buffalo Chicken Chili (page 307) with optional Ridiculously Simple Wrap (page 320) for dipping

9:00 p.m. Triple Threat Pudding (page 280)

DAY 2 (Monday)

7:30 a.m. Cinnamon Spice Triple Threat Shake (page 279)

12:00 p.m. Leftover Buffalo Chicken Chili

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Salmon with green beans and choice of a Miracle Pesto or Miracle Butter (pages 282–285)

DAY 3 (Tuesday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover salmon and green beans and choice of SKINNYFat salad dressing (pages 288–289)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Greek Chicken (page 304)

DAY 4 (Wednesday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Leftover Greek Chicken

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Quick Tandoori Shrimp (page 303) with Cooling Cucumber Raita (page 287)

DAY 5 (Thursday)

7:30 a.m. Triple Threat Cheesecake (page 281)

12:00 p.m. Big salad with leftover Quick Tandoori Shrimp and choice of SKINNYFat dressing (pages 288–289)

3:30 p.m. Triple Threat Pudding (page 280)

7:30 p.m. Bun-less beef burger and Oven-Roasted Brussels Sprouts (page 319)

DAY 6 (Friday)

7:30 a.m. Traditional Triple Threat Shake (page 278)

12:00 p.m. Broccoli Cheese Soup (page 294)

3:30 p.m. Traditional Triple Threat Shake (page 278)

7:30 p.m. Grilled steak with choice of a Miracle Pesto (pages 282–285) and Cauliflower Mash (page 319)

DAY 7 (Saturday)

9:00 a.m. Speedy Salmon Cakes (page 296–297) and eggs any style

1:00 p.m. Traditional Triple Threat Shake (page 278)

5:00 p.m. *Fish and Chips* (page 317)

9:00 p.m. Chocolate Triple Threat Ice Cream (page 281)