

Bible Verses About Being Goal-Oriented

Philippians 3:13-14

¹³Brothers and sisters, I do not consider myself yet to have taken hold of it. But one thing I do: Forgetting what is behind and straining toward what is ahead,

¹⁴I press on toward the **goal** to win the prize...

Proverbs 16:3

Commit **your works** to the LORD And your plans will be established.

Proverbs 16:9

The mind of man **plans** his way, But the LORD directs his steps.

Proverbs 21:5 ESV

The **plans** of the diligent lead surely to abundance

2 Chronicles 15:7 ESV

But you, take courage! Do not let your hands be weak, **for your work** shall be rewarded



Week Three

This week is called the Brushing week. It's going to brush your insides and it helps finish what the Mono Diet started.

Your body was made with a specific weight in mind. Your bones, muscle and fat make up this ideal weight. If you go lower than your ideal weight, then that means something is wrong. That means you are losing something you shouldn't, muscle or bone. Your ideal weight is just for you to use as a guideline. You should never go below your ideal weight. When you are exercising and adding to the density of your bones and adding muscle, then you can weigh up to 10% more of your ideal weight and not be over weight.

One pound of fat is like the size of a volleyball, but one pound of muscle is the size of a fist. That is why you can look smaller but weigh the same. You can lose fat and become smaller, but gain muscle and bone and stay the same weight.

The more muscle you have the faster you lose weight. Muscle eats fat.

Exercise grows bones and muscles. Oxygen feeds muscles and the only way you get oxygen to your muscles is by exercising.

40 to 50% of your success on this program will be based on water and exercise.

Your goal for this week is to walk 1hr. four times this week. The closer you get to your ideal weight the harder it is for the pounds to come off. Exercise will help regulate your weight loss. It will keep it going and will be more unlikely to plateau.

If during the mono diet, you either had trouble with constipation or only lost 4 and under pounds, then try taking a natural laxative such as Aloe Vera or Dieter's Tea. There is not a lot of fiber during the mono diet week so constipation sometimes is the problem. You could have actually lost the weight, but your body didn't get rid of it. After taking the laxative, you can lose up to 5 or 6 pounds anywhere within hours or just a day or so.

This week is a lot like the first week with a few exceptions. Please review first weeks notes to become familiar again with what you can have and what you cannot.

Always take your multi's and water.

This week do not eat anymore cereal or milk. They will be added back in at a later date. We are concentrating on more protein this week than carbs. Cereal and milk has too many carbs.

Red meat, pork, tomatoes, carrots, corn, grapes and bananas are still not allowed. Tomatoes, red meat and pork will be added back in sparingly during the second block of 8wks. We are in week 3, so around week 9 are when these items will be allowed. Red meat and pork is too high and fat, pesticides, hormones and chemicals that will slow weight lost down.

The only time you can eat past 7pm is if you exercise during the evening and it pushes your diner past 7pm. Exercise gets your metabolism going fast and it will stay at a fast rate up to 90 min. after the exercising as stopped. So you can eat dinner within that 90min. Let's say you exercised from 6:30pm until 7:30pm. Well, then you have up to 9pm to finish your dinner, but no later.

Exercise is best before diner. But exercise regardless of what time of the day. Whenever it fits in your schedule best.

Exercise is necessary this week.

An average weight lost for this week will be 3 to 4 pounds. Some weeks will be more and others will average around this.

Eat a little of garlic, onion or cinnamon everyday this week. You can either take it by pill form or use it in your cooking. You can put cinnamon in your coffee if you like. These three boost the immune system. We need this after the mono diet. It will helps to keep from getting sick or catching a cold.

Breakfast

Everything is the same as the first week, except no cereal and no milk. Everything else stays the same.

Omelet – vegetable or meat

You can have turkey bacon as long as it is fat free.
Smoke sausages – fat free

Pure Protein Shakes (different varieties)– you can add a couple of strawberries (GNC, Sunflower Shoppe)

Still take your enzymes (papaya, kiwi or pineapple) either at breakfast or by 10 am. If you are not able to, then taking them at lunch is fine. But the earlier the better.

You can take your enzymes by pill if you can find them without sugar or carbs. But the real thing is still better.

Out of the whole week, pick three consecutive mornings that you will do your "brushing" as follows:

Eat one Fuji or granny smith apple with skin with one liter of club soda (Pierre, sparkling water, etc.). Make sure you clean the apple real good. Kind of scrub it. It has 3 grams of wax on it and wax will clog up your system, which we don't want right now. You want to eat the skin because there is a lot of fiber in the skin and we need that after the doing the mono diet.

You have to mix the two. Take one bite of apple and one drink of club soda. After you are finished, do not drink or eat anything except for regular water and club soda for three hours. If you eat the apple and drink the club soda at 8am, then do not eat or drink anything else until 11am. Do this for three mornings in a row. No enzymes for these three mornings. But you can have them with your lunch if you want.

No more apples on any other days besides these three consecutive days.

The club soda has to be sugar free and with no flavors, and as natural as you can get it.

If you want, you can have a protein shake. You can even add fruit to it if you like. The protein shake should be no more than 1 gram of fat and 3 grams of carbs. If you just have fruit for breakfast then you have to have a protein shake with it. It is not a meal if it doesn't have a protein with it. A good shake that taste good can be found at GNC. It is called "Sports Pharman", chocolate flavor.

On regular mornings, you can have decaf unsweetened tea or coffee.

If you want cream in your coffee you can use fat free half and half. But know that no cream is better. The less calories the faster the weight comes off. Half and Half still has a lot of carbs even though no fat. No more than 1tsp. of half and half fat free per cup.

It is better for you to stay off of caffeine because it slows your metabolism and digestive system down, thus slowing down your weight lost. But if you have to have caffeine, then only two servings a day. A serving is 8oz. or one cup. Make sure you drink more water if you are having caffeine because caffeine depletes you of the water you are putting in your body. If you have already gone through caffeine with drawls because of the mono diet, then do not reintroduce it to your body. Your body is not starting to make it's own energy and does not need this chemical to create false energy. It does more harm than good.

Lunch

You can have anything that was allowed during the first week.

Here are some suggestions, variety is the key:

You can eat these salads by themselves or put them on a bed of lettuce for some crunch.

Tuna salad – 1 tbl. of fat free Miracle Whip per person, boiled eggs without yokes of course, pickles, green onions, etc.

Crab salad

Chicken salad

Chef salad

You can now add one slice of fat free cheese to your salad if you like.

Anything mentioned for lunch or dinner in week one.

When choosing a dressing, it should be no more than 1 gram of fat and 3 grams of carbs. Have no more than 4 tablespoons of dressing per day. Naturally Fresh and Lighthouse are good dressings found in the refrigerator section of the produce area in the grocery market.

Chicken layered in Parmesan cheese then baked in a skillet.

You can use mustard for seasoning but never use honey Dijon mustard because it has too many carbs.

No salsa or tomatoes. One tomato is like eating a bowl of rice or pasta. It has too many carbs. It will be added later around the 9th week.

If you like omelets, you can have any type of omelet (seafood, vegetable, plain, etc.) for lunch or dinner.

You can use fat free butter sprays for vegetables or for anything else for that matter.

Snacks

Celery with fat free Philadelphia cream cheese

Rolled up Turkey or Ham dipped in mustard with a pickle

A small piece of a protein bar that has only 4 grams of fat and 9 grams of carbs. "Pure Protein" is a good protein bar that you can find at GNC or Sunflower Shoppe. The chocolate peanut butter flavor is good.

Pure Protein Shake

Chicken strips

Pear if you didn't have fruit in the morning

Enzyme fruit if you didn't have it earlier

Dinner

No broccoli or cauliflower for dinner, only for lunch. They are too high in carbs to be having that late in the day.

Other than the above exception, dinner is the same as the first week. Try to have a different protein than you have at lunch.

Never skip a meal. If you feel you are going to skip a meal, then use a protein bar. If you are using it as a snack then eat a small piece. If you are using it as a meal, then go ahead and eat the whole bar. Do not eat this bar all at one time. Eat a little at a time. If you eat the whole bar at one time it might make you sick to your stomach. Do not eat fruit and the bar together. If you eat the bar as a meal then eat nothing else with it. It has everything you need for a meal.

Don't create a habit of eating protein bars instead of your meals. You still get more out of a meal. Bars are for only emergencies. It is a good idea to always have one with you. 2 to 3 bars a week are plenty. Any more than that is excessive.