

Bible Verses About Being Responsible

Colossians 3:23 - And whatsoever ye do, do [it] heartily, as to the Lord, and not unto men;

Luke 16:10 - He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.

Romans 14:12 - So then every one of us shall give account of himself to God.

1 John 1:9 - If we confess our sins, he is faithful and just to forgive us [our] sins, and to cleanse us from all unrighteousness.

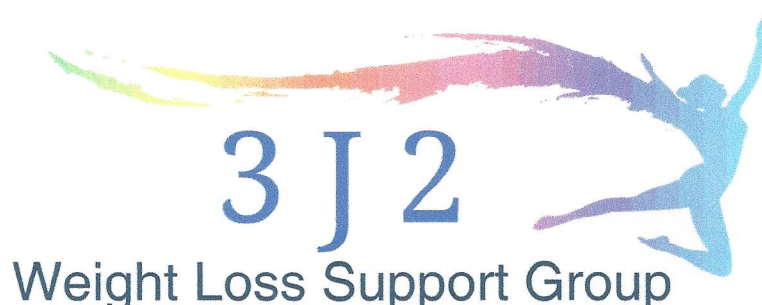
Colossians 2:8 - Beware lest any man spoil you through philosophy and vain deceit, after the tradition of men, after the rudiments of the world, and not after Christ.

John 16:33 - These things I have spoken unto you, that in me ye might have peace. In the world ye shall have tribulation: but be of good cheer; I have overcome the world.

Deuteronomy 6:1-25 - Now these [are] the commandments, the statutes, and the judgments, which the LORD your God commanded to teach you, that ye might do [them] in the land whither ye go to possess it:

Hebrews 4:12 - For the word of God [is] quick, and powerful, and sharper than any two-edged sword, piercing even to the dividing asunder of soul and spirit, and of the joints and marrow, and [is] a discernor of the thoughts and intents of the heart.

Ezekiel 18:20 - The soul that sinneth, it shall die. The son shall not bear the iniquity of the father, neither shall the father bear the iniquity of the son: the righteousness of the righteous shall be upon him, and the wickedness of the wicked shall be upon him.



Week One

Take a multi-vitamin and a multi-mineral either together or separate each day. No starches or sugars in vitamins. Cinnamon, garlic and onion will boost the immune system while you are making these changes to your diet. Add these things to your meals freely.

Water increases the natural PH balance in your body.

Drink 8-8oz. Glasses of water each day, for women.

Drink 9-8oz. Glasses of water each day, for men.

Have an 8-oz glass of water before you get out of bed each morning and an 8-oz glass of water at night right before you go to bed. Except on the day that you have to dry weigh. Dry weigh, is weighing before you drink your water in the morning.

Dry weigh each Tues., Wed., or Thurs. (depending on the day you started your class) morning before drinking your water, after going to the bathroom, without any clothes and on the same place on the scale, in order to get a true reading. His suggestion is to place 2 pieces of tape on the scales and place your feet in the same place every time. If you go to class on Wednesday then dry weigh on that day. Dry weigh on the day that you go to class. Drink 8-oz of water after you weigh. Then fix breakfast. Do not skip water in the morning and before you go to bed. This water keeps your metabolism moving. A portion is the size of an apple when talking about fruit.

You need enzymes everyday. Have one portion of one of the following: pineapple, papaya, or kiwi by 10am. Eat breakfast and 2 hours later have your enzymes (before 10 a.m.)

Every time you have a meal it has to have protein in it or it is not a meal. It's a snack. Will eat a small amount of fat during this week, 12 to 15 grams a day. 3 meals minimum.

Fruit with lunch, only if you eat your enzymes. If not, eat your enzymes with your lunch. You can have fruit for breakfast and lunch (except grapes and bananas) and your enzymes before 10:00 a.m. If you skip your enzymes then eat them with your lunch and no other fruit for lunch. No fruits for dinner.

Rules

1. Never skip a meal. If you are hungry then you loose control. Try not to go more than 4 To 5 hours between meals.
2. Never be hungry.

Eat only meat that has been sautéed, grilled, boiled, broiled, steamed or baked. Use Pam spray (any flavor) instead of butters or oils.

3. Don't eat lunch later than 2pm and dinner later than 7pm. Always move after you eat your supper...clean house, wash dishes, take a short walk, etc. Do not eat after 7 p.m. or do not go to bed for 3 hours after you eat. Digestion stops if you go to bed before 3 hours.
4. If you are a person who eats fast. Ex. You are the first person at the table to be through at most meals. Then you are a person who eats fast. These people must not drink water or any beverage with their meal. This will help retrain you to chew your food into a smaller size. It is harder for the stomach to digest larger chunks of food. Eat slower and chew more and then you can drink with your meal.
5. If you are going to have artificial sweetener, then only have up to 4 packets a day. No more. If you want to chew gum, chew sugar-free gum only 4 pieces a day. Remember artificial sweeteners gum up your system.

Herbal tea is a really good thing to drink once a day to help your body go through next week. It is not a requirement though.

Our goal is to work out 4x's a week an hour each time. Work towards this, even if it means you walking only 20min. a day four days a week. Just start somewhere.

Your metabolism is at a 100% in the morning, 78-50% in the afternoon and 50-35% in the evening.

You have to do at least 95% of the program to get good results. He has techniques that will break a weight platoe in 3 days.

Things you cannot have in the first week:

- any kind of butter or oil
- Bananas
- Grapes
- Carrots
- Corn
- Corn tortillas
- Oatmeal
- Avocados
- Nuts, almonds, walnuts, peanuts
- Italian food
- Pasta, bread
- Sodas, either diet or reg.
- Red meat or pork
- Fast food
- Fruit juices
- Anything with flour or sugar in it
- Fried foods

Cheese
Croutons
Tomatoes

You can have:

Salt and pepper
Other seasonings
Eggs (white part no yoke) as much as you want.
Egg Beaters
Fat-free Parmesan cheese all you want.
Non-fat or fat free dressing of less than 5 grams of fat per serving and under 14 grams of carbohydrates (Lighthouse is a good brand, at Albertsons)
Non-fat yogurt, with fruit is fine
Sugar free cereal such as Special K or Cheerios, etc. (low fat or no fat)
Papaya, pineapple or kiwi
Any type of vegetable as much as you want.
Any type of seafood, chicken, turkey that is not fried or cooked with sugar or butter.
Any type of berries.
Skim milk only.
Decaf coffee or tea that is unsweetened as much as you want. If you have to have caffeine then that is fine. Just make sure you drink more water. Caffeine dehydrates you.
Decaf herbal tea unsweetened.
Use half n Half for your coffee instead of cream or Coffeemate.
Use white vinegar instead of dark because dark
Your cells memory can be erased in 8 to 20 weeks. The program is 10 weeks. You stay on maintenance, after you reach your goal weight, until you reset your cells memory. There are different techniques to keep weight off. He will give us the knowledge on how to combine foods. The right combination of foods can make you loose weight.

1st week is mental preparation.
2nd week is flushing and detoxification (highest weight loss)~
On average the weight loss for women is 7 to 11, for men 8 to 12 pounds during the second week.

Things that he suggested:

If time will not allow you to fix the correct things, then he suggested to always have a Pure Protein Bar with you for a back up. He suggested the ones that they sell at the Sunflower Shoppe are good. The peanut butter one was good. You have to break it up in to portions and eat it like small meals. If you eat it all at once, it is might make you sick.

When picking a papaya, it should be orange and soft. A kiwi should be soft. A pineapples leaves should be about the color of fall leaves (light brown) to be ready to eat. Fuji apples are one of the best tasting apples.

Breakfast (amount does not count). Do not stuff yourself.

Eggbeater omelets

Stuffed with:

Turkey ham, vegetables, turkey meat

Don't drink milk with your eggs.

Cereal twice this week only

Peaches with breakfast as long as they are fresh.

Non-fat Yogurt with or without fruit

Lunch

Salads with meat, Lighthouse Dressing, non fat Parmesan cheese

Fat free Miracle Whip

Meat and steamed vegetables

Dinner

Dinner is the same as lunch. You will have to be creative to keep things different.

Leah's recipe for chicken soup:

Adjust the portions to how much soup you want. I usually make about 6 to 10 quarts at one time so my family and me can eat off of it as a snack or for a quick lunch. It is really good heated. Plus, you can substitute the chicken for any kind of seafood or turkey.

4 32oz. of 100% fat free chicken broth. No more than one carb and one sugar.

All the chicken you want

Any kind of vegetables except for carrots, corn and tomatoes.

Seasoning salt

Pepper

Any other spices

Kraft Fat Free Parmesan Cheese

Boil the chicken in water so you can throw away all the fat. Put vegetables and cooked chicken in broth. Cook until done. It is really good and one of the more flavorful recipes I have come up with so far.

Suggested Snack

Turkey ham, turkey rolled up and dipped in mustard with a pickle. (no sweet pickles)
Strawberries with a protein or just a straight protein such as backed chicken strips.