

A 7 DAY PLAN

LOSE WEIGHT FAST



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Just so you know; rapid weight loss might not be the answer long term. But if you're desperate to kickstart your weight loss and want a plan to drop a few pounds fast... We got you!

Our registered dietitians designed this proven plan to help you lose weight fast!

*Disclaimer: This is a quick fix. If you're desperate to lose weight QUICK, this guide will do the trick. But if you're sick of trendy diets and know you need a long term, simple solution. We've got that too. It's called **131Method**.*

Yep, these tips will definitely help you drop weight, but to do that you'll need to follow them with precision.

The plan does not consider your personal needs, age, height, dieting history, medical history, exercise preferences, food sensitivities, etc. To be completely transparent, this is a one-size-fits-all approach. This plan will help you with temporary weight loss only.

*Long lasting success happens when we end the cycle of quick diets and personalize our nutrition and change our mindset in a way that delivers true health, body confidence and long-term weight loss (which is what we do at **131 Method!**)*

Girlfriend, it is possible to take the weight off and keep it off in a healthy way, for good! And, we're serious about helping you do that! Be sure to check your inbox in the next few days. We will help you avoid gaining the weight back and give you a plan so you can finally defeat the cycle of yo-yo dieting!

The more disciplined you are, the more success you'll have.

But...when you're ready to take it off and keep it off, we'll be here for you! Check us out at 131Method.com.

Every day for the next seven days, you'll use the 7 Day Tracker that will hold you accountable to the following actions daily:

- 1. Drink 75+ ounces of water**
- 2. Eat at least 5 servings of veggies**
- 3. Cut out all added sugars**
- 4. Workout**
- 5. Eat all meals within an 8-10 hour window**
- 6. Cut the carbs**
- 7. Plan your meals the night before**

Print it out, hang it on your refrigerator, make it your backdrop on your phone... and watch the weight fall off!

1. DRINK 75+ OUNCES OF WATER DAILY

The beverages you consume and your hydration status are key for weight loss success.

We've found one of the easiest ways to make this a habit is by being triggered by not one, not two, but three water bottles. Yup! Filling up three 25-ounce bottles the night before makes this habit stick! This one simple bedtime ritual practically guarantees you drink enough water!

For super accelerated results, try this fat burning all natural recipe for Lemon Ginger Water:

Ingredients

- Juice of 2 large lemons
- 4 cubes of fresh ginger root (skin removed)
- A couple drops of Stevia
- Dash of cayenne pepper
- 3-4 cups of water

Directions

- Blend all ingredients together for a few minutes.
- Pour over a strainer to remove ginger chunks.
- Combine the concentrate with a gallon of water.
(Chalene pours it into four separate water bottles to have in her fridge at all times!)

Stop Drinking Your Calories

Cut consumption of all soda, sweet teas, alcohol and sweetened beverages and replace them with this lemon ginger water this week!

2. EAT AT LEAST FIVE SERVINGS OF VEGGIES PER DAY

Loading up on veggies helps to ensure you're taking in essential micronutrients, increases fiber and keeps you fuller for longer. By aiming for five daily servings of non-starchy vegetables you're boosting weight loss while staying healthy!

1 serving = 1 cup raw veggies or $\frac{1}{2}$ cup cooked veggies. That might sound like a lot, but just by including a salad for lunch or dinner you'll likely get 3 to 4 of those servings down in one sitting! And hey...if that's too many greens, adjust as you need to.

We recommend you load up on non-starchy veggies to reduce carbohydrates during the 7 days. While starchy veggies are healthy in moderation, try to limit for fast

weight loss. Instead, choose non-starchy veggies. Our favorites include: asparagus, bok choy, broccoli, brussel sprouts, cabbage, carrots, cauliflower, celery, cucumber, green beans, kale, mushrooms, onion, radishes, spaghetti squash, spinach, swiss chard, yellow squash, zucchini.

What five servings looks like in a day:

- For breakfast have $\frac{1}{2}$ cup cooked spinach with your eggs.
- At lunch mix up 2 cups raw veggies like shaved brussel sprouts, mushrooms, and kale with chopped chicken and avocado.
- Snack on 1 cup of celery or cucumbers with guacamole in the afternoon.
- At dinner add $\frac{1}{2}$ cup of cooked broccoli to your salmon. Boom, all veggie needs met, it's that easy!

3. CUT ADDED SUGARS

The average American consumes roughly 77 grams of added sugars daily, which is about 19 teaspoons! Added sugar is arguably the worst ingredient for us and our metabolisms. The recommended daily limit of added sugar is 25 grams or 6 tsp. for women and 38 grams or 9 tsps. for men.

To avoid added sugars start to read nutrition labels. Look for the following ingredients (and if the label contains these items, do your best to avoid or dramatically cut back on the following):

- agave syrup
- brown sugar
- brown rice syrup
- cane juice
- cane syrup
- confectioners' sugar
- corn sweetener, corn syrup
- dextrose
- fructose
- fruit juice concentrates
- glucose
- granulated white sugar
- high-fructose corn syrup
- honey
- invert sugar
- lactose
- maltose
- maple syrup
- malt syrup
- molasses
- raw sugar
- sucrose
- sugar
- syrup

4. WORKOUT DAILY

i.e. Increase Your Energy Output.

You asked for QUICK weight loss and that's what you're going to get. But, please understand that the recommendations will help you burn through the energy you are bringing in and create the deficit you need to achieve weight loss quickly. The longer you workout, and the more intense the exercise, the more energy you will burn. This may result in rapid weight loss.

However, in the following days we'll email you details about an approach that's easier on your body, less likely to slow your metabolism and more likely to give you sustained results.

You see, while long, grueling workouts burn a lot of energy and can aid in quick weight loss, they also induce oxidative stress. Too much of this stress and your body begins to burn cortisol, store fat, slow metabolism and diminish hormones.

So, crush it if you must! Below are some of the most energy demanding workouts (i.e. you'll burn a lot of calories). Keep in mind, again, there are more sustainable

ways, more forgiving ways, to create long lasting weight loss. The workouts below pack a major punch. Please make sure to check with your physician before starting a workout plan.

Sustainable success means putting together a plan that allows for adequate rest, more strength training and a mix of intensity and restorative workouts.

High Energy Burning Exercises:

- Turbo Fire HIIT workouts
- Insanity workouts
- Tabata training workouts
- CrossFit
- Running hills
- Running sprints
- Mountain biking
- Many high intensity workouts can be found for free on YouTube

Quick FAQs about workouts:

Q. If you workout every day, or even twice a day, will you lose weight fasting?

A. Most likely, yes. But that is not the healthiest or sustainable way to do so.

Q. Can you skip exercise and still lose weight?

A. Some people can. We're not fans of the counting calorie myth. Yet, if we are to oversimplify the mechanics of weight loss, it does boil down to an energy deficit.

A temporary means by which to achieve the greatest deficit is by caloric restriction and intense exercise. However, a better long-term strategy is to shift your body and hormones in such a way that you are burning more energy at rest and consuming real foods that improve your health and hormonal balance.

5. EAT ALL MEALS WITHIN 8-10 HOURS

i.e. Intermittent Fasting

If this is new, don't worry, it is pretty simple. Unless you're eating in your sleep, you've been practicing intermittent

fasting (IF) and didn't realize it! Now we'll just extend that period without food by a few extra hours after you wake.

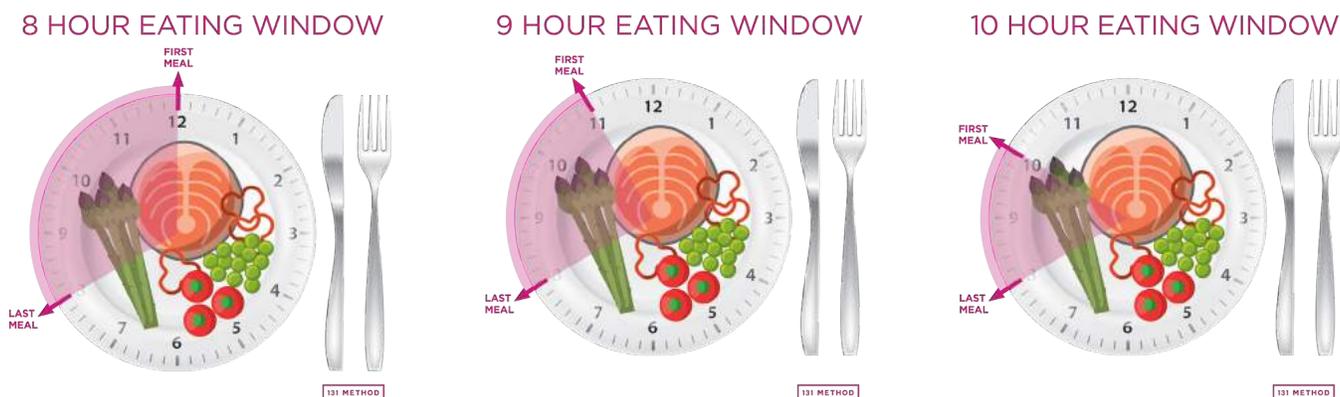
Ideally, you'll want to consume all of your meals within an 8-10 hour window. For example, eating only between 10am, and 6 pm.

If practicing IF seems daunting, but you still want to make effective changes to the times you're eating then...

Stop Eating Two Hours Before Bedtime

Why? Because our body, including our digestive system, needs a chance to rest! If you normally snack before bedtime, try making each of your meals throughout the day a little bigger so you are more full by the time you go to bed.

After dinner go and brush your teeth! Doing so every night helps you mentally signal yourself "I'm done eating for the night." Make this a habit and end nighttime snacking.



6. CUT THE CARBS

This is not a long-term approach, but the bottom line is: carbs hold water and typically create inflammation in the body. By cutting carbs for this short period of time - you'll likely see a dramatic drop on the scale and experience less hunger.

Limit your carbs to 125 grams or less per day.

Using an app like MyFitnessPal to track the foods you are eating can make it easy for you to count the grams of carbs you are eating in one day. You can also use a simple notebook or notes app on your phone, read the food labels closely and count the grams of carbs for the 7 days for quick weight loss.

Disclaimer: this practice often results in quick weight loss. However, for some women, drastically cutting carbs for long periods of time has been shown to result in weight loss plateaus. Further, cutting any one food group is likely to have a negative impact on your metabolism, relationship with food and potentially create a hormone disruption. For that reason, it is super important you check the follow up email we will be sending you in a few days so you can end the cycle of diet weight gain.

7. PLAN YOUR MEALS THE NIGHT BEFORE

Decide what you're going to have for breakfast, lunches or dinners the night before! Here is an example of a healthy meal plan for one day using some of the amazing 131 recipes! By planning your meals in advance it gives you less room for temptations and junk food!

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Drink 75+ oz of water							
Eat at least 5 servings of veggies							
Cut all added sugars							
Workout							
Eat meals within an 8-10 hour window							
Cut the carbs							
Plan meals the night before (use our meal plan)							

7 DAY TRACKER

How to use the tracker: Use this printable tracker to keep you accountable to the following 7 action steps every day, for 7 days. Put a check mark in the box every day once you've finished the action item! The more checkboxes you complete, the more weight you'll lose!

FOLLOW THE MEAL PLAN PROVIDED

Use the recommended meal plan to fast-track your weight loss. If you like following a proven plan, the 131 Method has more personalized meal plans and lessons on HOW to create your own personalized plans.

Recommended 7 Day Snacks:

- Low carb veggies such as carrots, celery, cucumbers, bell peppers (load up on veggies to hit your goal of 5 servings a day)!
- Guacamole
- Nuts and seeds such as almonds, pecans, walnuts, pumpkin seeds
- Hard boiled eggs

7 DAY MEAL PLAN

NUTRITION

	Meal #1	Meal #2	Meal #3
Monday	Vanilla Bean Pancakes with Coconut Butter	Crockpot Meatballs over Cauliflower Mash	Cheap & Easy Fat Burning Bowl with Small Salad
Tuesday	Sausage Bake (2 servings)	Creamy Avocado Basil Noodles with Small Salad	Chicken Broccoli Slaw
Wednesday	PB&J Muffins (2 servings)	Chicken Broccoli Slaw (leftovers)	Spaghetti Squash Bowl with Small Salad
Thursday	Low Carb Everything Bagels + Almond Butter	Crockpot Butter Chicken with "Rice"	Low Carb Spaghetti & Meat Sauce with Small Salad
Friday	Sausage Bake (Leftovers)	Low Carb Spaghetti & Meat Sauce (Leftovers) with Small Salad	Fish Sticks with Broccoli
Saturday	131 Coffee	Quick Lunch Salad	Zucchini Flax Pesto Pizza
Sunday	131 Coffee	Spinach Wrap	Chicken Parm and Small Salad



131 Coffee

Yield: 1 serving | Serving Size: full recipe | Prep Time: 5 min

Calories: 360 | Protein: 1g | Fat: 39g | Carbs: 1g | Fiber: 0g | Net Carbs: 0g

Ingredients:

- 2 cups brewed organic coffee
- 2 tablespoons coconut cream (from a can)
- 1 tablespoon MCT oil
- 1 tablespoon ghee, unsalted butter or coconut butter
- 5 liquid vanilla stevia drops

Directions: Place everything into a blender and process for 10 seconds on high. Pour into a large mug, and serve.



Butter Chicken with “Rice”

Yield: 4 servings | Serving Size: 1/4 recipe | Prep Time: 10 min | Cook Time: 22 min-6 hrs
Calories: 646 | Protein: 43g | Fat: 45g | Carbs: 19g | Fiber: 3g | Net Carbs: 16g

Ingredients:

- 2 pounds chicken thighs
- 1 shallot, diced
- 1 (13.5oz) can full-fat coconut milk
- 1 (6oz) can tomato paste
- 3 tablespoons grass-fed ghee or butter
- 4-5 garlic cloves, minced
- 1 tablespoon curry powder
- 1 teaspoon cinnamon
- 1 teaspoon ground ginger
- 1 teaspoon turmeric
- Sea salt, to taste
- Cayenne pepper, to taste
- 3 cups cauliflower rice

Slow Cooker Directions: Place everything but the cauli-rice into a slow cooker and cook on high for 3-4 hours, or low for 6-8 hours. Add the cauliflower rice into the slow cooker 1 hour prior to finishing your cook time. Remove the chicken skin. Shred the chicken and divide the recipe into 4 bowls. If you don't use all the sauce, your nutritional information will vary.

Pressure Cooker Directions: Place everything but the cauli-rice into the pressure cooker. Add $\frac{3}{4}$ cup of chicken broth or water. Press the poultry button which will set the chicken to cook for 15 minutes. You can opt to quick release the pressure, or allow steam to release naturally. Heat up the cauli-rice and divide among 4 bowls. Remove the chicken skin and discard. Shred the chicken. Ladle the chicken and some of the sauce into each bowl. You will have extra sauce, so your nutritional information will be less than listed.*



Cheap and Easy Fat Burning Bowl

Yield: 1 serving | Servings Size: full recipe | Prep Time: 5 min | Cook Time: 5 min
Calories: 503 | Protein: 33g | Fat: 40g | Carbs: .5g | Fiber: 0g | Net Carbs: .5g

Ingredients:

- 1 teaspoon olive oil or butter
- 2 eggs
- 1 green onion, chopped
- 4oz cooked ground beef
- Pinch sea salt
- 1 teaspoon Mexican seasoning
- ½ small avocado, chopped (optional)*

Directions: Add oil to a skillet over medium. Add eggs and green onion and scramble to your liking. Add cooked ground beef, salt and seasoning and stir until heated through. Fold in avocado to warm, then place into a bowl to serve. *If not using avocado, drizzle the top with 2 teaspoons of oil or butter.



Chicken Broccoli Slaw

Yield: 2 servings | Serving Size: ½ recipe | Prep Time: 5 min
Calories: 460 | Protein: 32.5g | Fat: 28.5g | Carbs: 19g | Fiber: 8.5g | Net Carbs: 10.5g

Ingredients:

- 12oz broccoli slaw (about 5 cups)
- 2 tablespoons olive oil
- 2½ tablespoons Dijon mustard
- 1 teaspoon honey (or pinch stevia)
- 1 green onion, sliced
- ¼ teaspoon garlic salt
- 6oz grilled chicken or organic rotisserie chicken, chopped
- 1 medium avocado, chopped

Directions: Whisk together the oil, mustard, honey, green onion and garlic salt in a large bowl. Add broccoli slaw and toss well. Top with chicken and avocado.



Chicken Parm

Yield: 4 servings | Serving Size: 1 breast | Prep Time: 10 min | Cook Time: 20 min
Calories: 408 | Protein: 51g | Fat: 20g | Carbs: 2g | Fiber: 0g | Net Carbs: 2g

Ingredients:

- 4 small chicken breasts
- 2 large eggs, beaten
- 2½ oz finely crushed pork rinds
- ½ cup grated Parmesan
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- ½ cup low carb marinara such as Rao's
- 1 cup mozzarella
- Small handful minced basil

Directions: Heat oven to 350°F. Line a baking sheet with foil. Add eggs to a shallow dish. Combine the pork rinds, Parmesan, garlic powder and salt in a second shallow dish. Dip each chicken breast into the egg and then the pork rinds. Press the crumb mixture into the chicken so that the crust adheres. Place the chicken on the prepared baking dish and bake for 15-20 minutes, or until the chicken is no longer pink inside. Remove the chicken from the oven and spread the marinara evenly over each piece. Sprinkle with mozzarella. Return the chicken to the oven for 5 more minutes. Sprinkle with basil and serve.



Creamy Avocado Basil Noodles

Yield: 2 servings | Serving Size: ½ recipe | Prep Time: 5 min | Cook Time: 0 min
Calories: 323 | Protein: 3g | Fat: 33g | Carbs: 10g | Fiber: 5g | Net Carbs: 5g

Ingredients:

- 1 medium avocado
- 1 cup packed spinach
- ½ cup packed basil
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 1-2 garlic cloves
- ½ teaspoon sea salt
- Pepper, to taste
- 2 packages Miracle noodles or kelp noodles
- ⅓ cup grape tomatoes, sliced

Optional Toppings:

- 1 tablespoon nutritional yeast
- Kalamata olives
- Microgreens
- Fresh basil
- 1 tablespoon pine nuts

Directions: Add the avocado, spinach, basil, oil, lemon juice, garlic, salt and pepper to a food processor and blend until smooth. Add more seasoning, as desired. Drain and rinse noodles in hot water and pat dry. Toss noodles with sauce, add tomatoes, and serve.



Crockpot Meatballs Over Cauliflower Mash

Yield: 4 servings | Serving Size: 1/4th recipe | Prep Time: 15 min | Cook Time: 4-5 hrs
 Calories: 437 | Protein: 28g | Fat: 31g | Carbs: 14g | Fiber: 4 | Net Carbs: 10g

Ingredients:

Meatballs

- 1 pound grass-fed, grass-finished beef (85/15% fat)
- ¼ cup yellow onion, minced
- 1 egg yolk
- 1 teaspoon garlic powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Sauce

- 1 tablespoon ghee or grass-fed butter
- 1 tablespoon arrowroot flour
- 1 cup beef broth
- ½ cup full-fat coconut milk
- 2 green onions, chopped
- 10-ounces (283g) cremini or white mushrooms, sliced
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Cauliflower Mash

- 1 medium head cauliflower, chopped, large stems removed
- Coconut oil cooking spray
- ½ teaspoon sea salt
- 1 tablespoon ghee or grass-fed butter
- Reserved sauce

Directions: In a medium bowl, add meatball ingredients and mix to combine. Shape into 16-20 balls and arrange in a slow cooker. In a skillet, heat ghee over medium heat. Whisk in arrowroot until smooth. Slowly add broth and coconut milk, whisking continuously until smooth. Cook for 2 minutes, add green onion and mushrooms, cook an additional 4-5 minutes. Season with salt and pepper. Reserve ½ cup of sauce/mushrooms in a small bowl. Pour remaining sauce over meatballs, cover and cook for 4 hours on low, or until cooked through. Preheat oven to 400°F. Place cauliflower on a nonstick baking sheet and coat with cooking spray. Sprinkle with salt. Bake for 15-17 minutes, or until tender. Place in a large food processor with the ghee/butter and reserved sauce. Process until smooth like texture of mashed potatoes. Divide cauli-mash onto 4 plates, top with meatballs, spoon sauce over top, and serve.



Fish Sticks & Broccoli

Yield: 6 servings | Servings Size: 1/6th recipe | Prep Time: 10 min | Cook Time: 12 min
Calories: 424 | Protein: 32g | Fat: 29g | Carbs: 14g | Fiber: 6g | Net Carbs: 8

Ingredients:

- 2 cups (300g) raw almonds
- 1 teaspoon sea salt
- 1 teaspoon garlic powder
- 2 eggs, beaten
- 18oz firm white fish (we used cod)
- 4 tablespoons butter, ghee or coconut oil
- 6 cups (510g) broccoli frozen or fresh
- Salt and pepper, to taste

Directions: Preheat oven to 400°F. Add almonds to a blender and process for about 1 minute, or until you achieve crumbs. Don't over-blend or you'll end up with almond butter. Add to a shallow dish and stir in salt and garlic powder. Have eggs ready in another shallow dish. Cut fish into strips. Coat with egg, then coat with almond crumbs. Work in small batches so the crumbs don't become too wet; they won't adhere well if they're wet. Heat 2 tablespoons butter over medium heat in a pan. Add half the fish sticks and brown on both sides (about 1-2 minutes). If butter begins to brown, remove from burner. Place those fish sticks onto a baking sheet. Repeat the frying process with remaining butter and fish sticks, then place on baking sheet. Place in oven for 10 minutes, or until cooked through. Place broccoli onto a baking sheet. Coat tops with cooking spray and sprinkle with salt and pepper. Add to oven right after the fish and cook for 8-10 minutes.



Low Carb Everything Bagels

Yield: 6 servings | Serving Size: 1 bagel | Prep Time: 10 min | Cook Time: 12 min
Calories: 121 | Protein: 7g | Fat: 7.5g | Carbs: 7g | Fiber: 4.5g | Net Carbs: 2.5g

Ingredients:

- 4 eggs
- ¼ cup (30g) golden flax seeds (not ground)
- ½ teaspoon apple cider vinegar
- ¼ cup (16g) sifted coconut flour
- ¼ teaspoon baking soda
- ¼ teaspoon sea salt
- ¼ teaspoon poppy seeds
- ¼ teaspoon dried onion, or onion powder
- 1 tablespoon plus 1 teaspoon sesame seeds, divided

Directions: Preheat oven to 350°F. Coat a donut pan with cooking spray. Add eggs, flax and apple cider vinegar to a stand mixer or bowl. Beat for 1 minute, then let sit for 5 minutes. Add remaining ingredients, reserving the 1 teaspoon of sesame seeds for sprinkling on top. Let sit for 3 minutes. Pour batter into 6 donut wells. Sprinkle with sesame seeds, and additional poppy seeds and sea salt, if desired. Bake for 12-13 minutes, or until firm. Before serving, slice and toast, and top with butter, cream cheese, avocado or eggs.



Low-Carb Spaghetti & Meat Sauce

Yield: 4 servings | Serving Size: 1/4th recipe | Prep Time: 5 min | Cook Time: 10 min
Calories: 370 | Protein: 26g | Fat: 25g | Carbs: 9g | Fiber: 2.5g | Net Carbs: 6.5g

Ingredients:

- 1½ tablespoons ghee, divided
- 2 cups mushrooms, sliced
- 2 cups spinach, chopped
- 2 cloves garlic, minced
- 1 pound grass-fed, grass finished beef (85% fat)
- 1½ cups no-sugar-added tomato sauce
- 2 packages Miracle Noodles
- ½ teaspoon sea salt
- ¼ teaspoon pepper

Directions: In a medium pan, heat 1 tablespoon of the ghee over medium heat. Add the mushrooms and sauté for 3 minutes. Add the spinach and garlic and cook for 1 minute. Remove and set aside, draining any liquid. Add remaining ghee to pan and add the beef. Brown on all sides. When nearly cooked through, add the tomato sauce and cook until no longer pink. Add the mushroom mixture back into the pan and stir well to combine. Drain and rinse the noodles. Pat dry and add to pan, coating well. Season with salt and pepper, and divide among 4 plates.



PB&J Muffins

Yield: 8 servings | Serving Size: 1 muffin | Prep Time: 5 min | Cook Time: 15 min
Calories: 213 | Protein: 9g | Fat: 17.5g | Carbs: 8g | Fiber: 3g | Net Carbs: 5g

Ingredients:

- 1 cup natural peanut butter (or any drippy nut butter)
- 1 egg
- ½ cup unsweetened vanilla almond milk (or milk of choice)
- 2 tablespoons granulated Monk Fruit sweetener
- ½ teaspoon vanilla extract
- ½ teaspoon baking soda
- Pinch sea salt
- ⅓ cup fresh blueberries

Directions: Preheat oven to 350°F. In a medium bowl, add PB, egg, milk, sweetener and vanilla. Stir until thick and smooth, then stir in the baking soda and salt. Fold in blueberries. Divide into 8 silicone muffin cups. Bake for 14-15 minutes.



Quick Lunch Salad

Yield: 1 serving | Serving Size: full recipe | Prep Time: 5 min
Calories: 357 | Protein: 15g | Fat: 29g | Carbs: 10g | Fiber: 4.5g | Net Carbs: 5.5g

Ingredients:

- 1 tablespoon homemade or Paleo mayonnaise (such as Primal Kitchen)
- 1 tablespoon olive oil
- ½ tablespoon lime juice
- ½ tablespoon Sriracha
- 2 cups spinach
- 2 hardboiled eggs, sliced
- ¼ cup cucumber (50g), sliced
- ¼ of a medium bell pepper (50g), sliced or chopped
- ¼ medium avocado

Directions: Stir together the mayonnaise, olive oil, lime juice and Sriracha. Toss with spinach. Top with eggs, cucumber, bell pepper and avocado.



Sausage Bake

Yield: 9 servings | Serving Size: 1 square | Prep Time: 10 min | Cook Time: 45 min
Calories: 237 | Protein: 17g | Fat: 23g | Carbs: 4g | Fiber: 2g | Net Carbs: 2g

Ingredients:

- 1 pound humanely raised pork breakfast sausage
- 8 eggs
- $\frac{3}{4}$ cup almond meal
- 3 tablespoons ground flax
- 1 tablespoon ghee
- 1 green onion, chopped
- $\frac{1}{2}$ teaspoon garlic powder
- $\frac{1}{2}$ teaspoon baking powder
- $\frac{1}{4}$ teaspoon sea salt
- Pinch pepper
- 1 tablespoon nutritional yeast

Directions: Preheat oven to 350°F. In a medium skillet, add pork sausage and brown on all sides, using a spatula to break apart into small pieces. Cook for 5 minutes, or until cooked through. Set aside, reserving 2 tablespoons or so of the grease. In a stand mixer, add the eggs and mix on medium speed for 1 minute. Add almond flour, flax, ghee, green onion, garlic powder, baking powder, salt and pepper and mix for 20 seconds. Add sausage and grease and mix until well-combined. Pour into a greased 9-by-9-inch baking dish. Sprinkle with nutritional yeast. Bake for 40 minutes, or until set. Top with hot sauce, if desired.



Spaghetti Squash Bowls

Yield: 2 servings | Serving Size: ½ recipe | Prep Time: 15 min | Cook Time: 40 min
Calories: 455 | Protein: 22.5g | Fat: 30.5g | Carbs: 11.5g | Fiber: 3.5g | Net Carbs: 8g

Ingredients:

- 1 small spaghetti squash
- 1 tablespoon garlic infused oil
- 8oz grass-fed, grass-finished ground beef (85/15%)
- ¼ plus ½ teaspoon sea salt
- ½ teaspoon smoked paprika
- ½ teaspoon cumin
- 4 tablespoons guacamole, if tolerated
- ¼ cup sliced olives
- 1 cup lettuce, chopped

Directions: Preheat oven to 460°F. Slice squash in half longways and scoop out seeds. Place, cut side up, in a large baking dish. Coat the tops with cooking spray and sprinkle with ¼ teaspoon sea salt. Roast for 40 minutes (depending on size), until strands are tender. If you overcook squash, it will become mushy. Remove 2 cups of strands for each bowl. Use any remaining for another use, or freeze. Heat oil in a nonstick skillet. Add beef, paprika, cumin and remaining salt. Brown on all sides, then cook for 5-6 minutes, or until cooked through. Divide meat over the 1 cup of spaghetti squash for each serving and garnish with guacamole, olives and lettuce.



Spinach Wrap

Yield: 1 serving | Serving Size: 1 wrap | Prep Time: 5 min | Cook Time: 5 min
Calories: 236 | Protein: 15g | Fat: 15g | Carbs: 12g | Fiber: 5.5g | Net Carbs: 6.5g

Ingredients:

- 2 eggs
- 1 cup fresh spinach
- 2 tablespoons nondairy milk of choice
- $\frac{1}{4}$ teaspoon sea salt
- $\frac{1}{4}$ cup microgreens
- $\frac{1}{2}$ orange or red bell pepper, sliced
- $\frac{1}{4}$ avocado, chopped*

Directions: In a small blender, add the eggs, spinach, milk and salt. Blend until smooth. Coat a medium nonstick skillet with cooking spray. Heat over medium-low. Add batter and swirl to coat evenly. Turn to low and cook for 3 minutes, or until nearly cooked through. Loosen, flip and cook for 1 minute. Remove and fill with microgreens, bell pepper and avocado. Roll like a burrito, and serve.

*Only use the avocado if well tolerated and keep to $\frac{1}{4}$ of a small avocado.



Vanilla Bean Pancakes with Coconut Butter

Yield: 2 servings | Serving Size: 2 pancakes | Prep Time: 5 min | Cook Time: 5 min
Calories: 334 | Protein: 10g | Fat: 30g | Carbs: 10g | Fiber: 6g | Net Carbs: 4g

Ingredients:

- 1 egg
- 3 tablespoons full-fat coconut milk
- 2 tablespoons almond flour
- 2 tablespoons almond butter
- 1 tablespoon coconut flour
- ½ teaspoon baking powder
- 6-8 drops vanilla stevia
- Pinch of vanilla bean powder or scrape 1 vanilla bean (optional)
- 2 teaspoons grass-fed butter
- 2 tablespoons vanilla bean (or plain) coconut butter

Directions: In a medium bowl, whisk the egg and add in the coconut milk, almond flour, almond butter, coconut flour, baking powder, stevia and vanilla beans. Let sit for 3 minutes. Heat a nonstick pan or griddle over medium-low and add butter. Once melted, carefully form 4 pancakes using 2 heaping tablespoons per pancake. Let cook for about 2 minutes per side, or until golden brown, turning heat to low, if needed. If you cannot cook all the pancakes at once, work in batches of 2. Top each stack with coconut butter, and serve.



Coconut Butter

Yield: 1 cup | Serving Size: 1 tablespoon | Prep Time: 8 min
Calories: 139 | Protein: 0g | Fat: 14g | Carbs: 5g | Fiber: 2.5g | Net Carbs: 2.5g

Ingredients:

- 4 cups (16oz) unsweetened shredded coconut
- 1 tablespoon MCT oil
- Pinch of stevia (optional)
- Pinch of sea salt (optional)

Optional Flavors:

- Vanilla Bean (add ½ teaspoon vanilla bean powder)
- Chocolate (add 2 teaspoons dark cacao powder)
- Coffee (add 1-2 teaspoons instant coffee powder)
- Cinnamon (add ½ teaspoon cinnamon)
- Combo (add any of the additions above)

Directions: In a large, high powered blender, add the coconut and MCT oil (plus any sweetener, salt or flavor additions). Blend on low for 1 minute, scraping sides as needed. When the coconut has turned into a thick liquid, bring the blender speed up to medium/high for 3-4 minutes or until completely smooth. Pour into a glass jar. Coconut butter will become hard in cold temperatures, so store in a cabinet. To soften, place the jar in hot water and stir.



Zucchini Flax Pesto Pizza

Yield: 5 servings | Serving Size: 1 slice | Prep Time: 15 min | Cook Time: 50 min
 Calories: 241 | Protein: 7g | Fat: 20g | Carbs: 8g | Fiber: 4g | Net Carbs: 4g

Ingredients:

Pesto:

- 1 cup packed basil
- 1 cup packed spinach
- ¼ cup dry roasted pistachios
- 3 Tbsp extra-virgin olive oil
- 2 Tbsp water
- 1-2 cloves garlic
- Sea salt & pepper, to taste

Crust:

- 2 medium zucchinis, shredded
- 3 Tbsp ground flax
- 4-6 Tbsp water
- ½ cup almond meal
- 2 Tbsp nutritional yeast
- 1 Tbsp extra-virgin olive oil
- ½ tsp sea salt
- ½ tsp garlic powder
- ½ tsp dried oregano

Toppings:

- 1 Tbsp nutritional yeast
- 6 sliced Kalamata olives
- ¼ cup bell peppers
- ¼ cup mini yellow tomatoes, sliced
- 1 green onion, sliced
- Fresh basil

Directions:

Pesto: Place all pesto ingredients in food processor, blend until smooth, set aside.

Crust: Preheat oven to 400°F. Place shredded zucchini in a colander, sprinkle with salt, let sit for 10-15 mins. In medium bowl, mix flax with 4 tablespoons water, let sit for 10 minutes. To the bowl, add almond meal, nutritional yeast, oil, salt, garlic powder and oregano. Using a clean dish towel or nut bag, squeeze liquid out of the zucchini and add to the bowl. Stir to combine well. If needed, add additional 1-2 tablespoons of water so a thick dough is formed. Coat silicone baking sheet or parchment with cooking spray, form a 12" circle with the dough. Bake for 30 mins, remove from oven and cover with a second baking sheet. Carefully flip crust over, return to oven for 12 minutes, or until firm and edges begin to brown. Remove, cover with pesto and desired toppings, return to oven for 5-6 mins.

LONG TERM WEIGHT LOSS SOLUTION



By following this 7 day plan you should lose that extra weight fast! You might also be experiencing less bloat, and start to feel better! You might have found this plan to feel a bit like a crash diet or wonder how you can maintain it after 7 days. If we're being honest, you're likely to gain it back. There's a reason why weight loss is a \$66 billion dollar industry!

These tips and strategies work, but ultimately we want you to do this the right way. We understand that losing weight is a struggle, and keeping it off seems impossible! But, it IS possible to lose the weight and keep it off. To do this, you need a better way!

We have helped over 50,000 people find a better way! The **131 Method** is a mindset and nutritional approach that allows you to take control of your health, transform your relationship with food, live with confidence and look and feel freaking amazing from the inside out!

