

betr[®]

LEVEL 2 GUIDE

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YOU DESERVE BETR

LEVEL 2



Now that the calming foods consumed in Level 1 have reset your metabolism, it is a good time to expand the variety of nutritious foods in your meal plan.

At your own pace, you will add in whole, natural foods. This reintroduction protocol helps lock in a new, set point for metabolism, and we will help you identify sensitivity indicators that may not have been obvious prior to the start of the program.

The objective of Level 2 is to give you greater nutritional diversity while helping you learn which foods work best for you and which work against you.

WHOLE FOODS

A balanced diet of fruits, vegetables, grains, and legumes provides many health benefits.

A 2014 Yale University study found a diet of minimally processed, predominantly plant-based foods provide many health benefits, including preventing heart disease, type 2 diabetes, and cancer.

We call these healthy foods “close to nature” because *we ingest them in the same form as they grow*. For example, an apple in the grocery store looks the same as the apple on the tree.

Whole foods such as raw fruits and vegetables are packed full of phytochemicals, nutrients, and fiber. Food processing tends to break down these nutrients; therefore, eating the food raw or *as close to natural* as possible is the best way to ensure your body is absorbing as much of the food's nutritional value as possible.

Processed foods, such as those from a box, bag, or bottle, are treated with chemicals and additives to preserve their shelf life, appearance, and flavor. These can decrease the nutrient content of those foods and make it more difficult for your body to absorb the nutrients. These additives can also have direct, unhealthy effects on your body.

While grocery shopping in preparation for Level 2, you will find whole foods in the store's perimeter. Washing fruits and vegetables remove any pesticides, chemicals, and pathogens. If you're shopping for a ready-to-eat option, opt for frozen veggies/fruits over canned because they are frozen at their freshest and contain less preservatives.

DISCOVER: LEVEL 2



Get ready to create your personalized food list!

Food sensitivities occur when you are unable to properly break down or process certain foods.

When food irritates your digestive tract, you may experience sensitivity symptoms.

Here's a list of potential symptoms:

- Bloating
- Heartburn
- Constipation
- Diarrhea
- Headache
- Rash
- Fatigue
- Weight gain

If any of these symptoms occur, hold off on adding new foods for at least 2 days to allow your gut to recover and get back to your baseline.

SCHEDULING YOUR LEVEL 2 FOODS

Choose which days you will add which items:

Suggested Order of Reintroduction:

Week 1 - Fruits/Veggies

Week 2 - Proteins

Week 3 - Grains/Breads/Legumes

Week 4 - Dairy

We highly recommend that you keep track of the new foods you add in the app chat along with daily weigh ins. Doing this will enable a head coach to review for issues if needed.

EXAMPLE CALENDAR

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|--|-------------------------------------|----------------------------------|-------------------------------|-----------------------------------|---------------------------|-------------------------------|------------------------------|
| WEEK 1 Add new fruit and vegetables | 1/2 cup Broccoli Notes: | Level 1 Notes: | 1 Kiwi Notes: | Level 1 Notes: | 1/2 cup Carrots Notes: | Level 1 Notes: | 1 cup Raspberries Notes: |
| WEEK 2 Add new proteins | Level 1 Notes: | 3oz Wild-caught Salmon Notes: | Level 1 Notes: | 1/2 cup Mushrooms Notes: | Level 1 Notes: | 3oz Turkey Notes: | Level 1 Notes: |
| WEEK 3 Add new grains *Only one serving per day | 1/2 cup Steel Cut Oatmeal Notes: | Level 1 Notes: | 1/2 cup Black Beans Notes: | Level 1 Notes: | 3oz Tuna Notes: | Level 1 Notes: | 1/2 cup Brown Rice Notes: |
| WEEK 4 Add new dairy *Only one serving per day | Level 1 Notes: | 1oz Cheddar Cheese Notes: | Level 1 Notes: | 1/2 cup Brussel Sprouts Notes: | Level 1 Notes: | 1 cup Greek Yougurt Notes: | Level 1 Notes: |

LEVEL 2 FOOD REINTRODUCTION RECOMMENDATIONS

For Level 2, you will focus on adding in whole, clean, and natural foods (such as those found on this list). These foods are nutrient dense and will continue to nourish your body, support heart, brain and immune health as well as assist with continued weight loss and maintenance. Do keep in mind that each person's genetics and microbiome are unique (while broccoli may work well for some, it may not for you).

This is a trial list and there may be other whole foods you wish to try.

| FRUITS | PROTEINS | DAIRY/OTHER CHOICES MAY BE ADDED IN WEEK 4 |
|---|---|---|
| <ul style="list-style-type: none"> ● Banana (½ to start) ● Grapes (1 cup) ● Pear (medium sized) ● Blackberries (1 cup) ● Raspberries (1 cup) ● Seasonal melons (1 cup) ● Kiwi (1 whole fruit) ● Mango (¾ cup) ● Pineapple (½ cup) ● Pomegranates (½ of fruit) ● Papaya (¾ cup) | <ul style="list-style-type: none"> ● Turkey ● Wild Caught Salmon ● Any Fish (Avoid Canned) ● Pork | <ul style="list-style-type: none"> ● Unsweetened Greek Yogurt (1 cup) ● Hard Cheese (1 oz.) ● String Cheese (1 oz.) ● Milk & Milk Alternatives (½ cup) ● Organic Butter/Ghee (¼ oz.) |
| <p style="text-align: center;">VEGETABLES</p> | <p>VEGETARIAN/ VEGAN PROTEINS STEER AWAY FROM PROCESSED OPTIONS</p> | |
| | <ul style="list-style-type: none"> ● Pumpkin Seeds ● Ground/Milled Flaxseed ● Beans (Introduce 1 Variety At A Time) ● Peanut Butter (1 tbs)* ● Almond Butter (1 tbs)* <p style="text-align: center;">*No added sugars or salt</p> | <p>CUSTOMIZED RECOMMENDATIONS</p> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> |
| <ul style="list-style-type: none"> ● Broccoli ● Cauliflower ● Brussels Sprouts ● Carrots ● Mushrooms ● Yellow Squash ● Snap Peas ● Artichoke ● Beets ● Butternut Squash | <p>GRAIN-BASED CHOICES MAY BE ADDED IN WEEK 3</p> | |
| | <ul style="list-style-type: none"> ● Sprouted-grain bread (1 slice) (Ezekiel Bread) ● Brown Rice (½ cup cooked) ● Black Rice (½ cup cooked) ● Steel Cut Oatmeal (½ cup cooked) ● Artisan Sourdough (1 slice) ● Jasmine Rice (½ cup) ● Pearl Barley (¼ cup cooked) ● Amaranth (½ cup cooked) | |
| | | |

LEVEL 2 FOODS CALENDAR

Print this page and fill out the calendar with your Level 2 Foods.

The goal of Level 2 is to build out your baseline Level 1 plan to add variety & nutritional diversity by introducing foods that provide healthy macro & micro nutrients. Identify the new foods you would like to add and indicate these under their respective category. Should one of the new foods cause any sensitivity symptoms (bloating, headache, rash, constipation, diarrhea, heartburn, fatigue or weight gain), hold off on adding any new foods for at least 2 days to get back to your baseline.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------|---------|-----------|----------|--------|----------|--------|
| ● | ● | ● | ● | ● | ● | ● |
| ● | ● | ● | ● | ● | ● | ● |
| ● | ● | ● | ● | ● | ● | ● |
| ● | ● | ● | ● | ● | ● | ● |
| ● | ● | ● | ● | ● | ● | ● |
| ● | ● | ● | ● | ● | ● | ● |

Food Label 101



Based on information provided by the Dietary Guidelines for Americans

Total number of servings in the entire package

Sodium consumption should be less than 2,300mg per day for adults

Look for foods high in fiber to promote the digestive process

Higher amounts of protein help to prolong satiety

Amount of total energy

Look for foods that are low in saturated or trans fats

Added sugars should be less than 10% of the total calories each day for adults

| Nutrition Facts | |
|-------------------------------|------------|
| 8 servings per container | |
| Serving size 2/3 cup (55g) | |
| Amount per serving | |
| Calories | 230 |
| % Daily Value* | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 37g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | 10% |
| Vitamin D 2mcg | 20% |
| Calcium 260mg | 45% |
| Iron 8mg | 6% |
| Potassium 240mg | |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS

☰ Ingredients are listed in order of quantity in the product.

🔍 It is important to analyze the ingredients themselves in a food product. If there is a long list of ingredients that you have never heard of, do some research before purchasing.

📦 Added sugar has many different names, such as corn syrup, brown rice syrup, dextrose, fructose, cane sugar, dextrin, etc. Keep an eye out for these when considering a product.

DAILY VALUE

📊 Daily value is designed to help consumers plan a healthy diet. It is based upon the estimated amount of a nutrient (or calories) needed to maintain good health (RDA).

↓ A nutrient labeled < 5% per serving would be considered low in that nutrient.

↑ A nutrient labeled >20% per serving would be considered high in that nutrient.

♥ To maintain a healthy diet, look for items that have a low percentage in added sugars, sodium, and trans and saturated fat.

👉 It can be helpful to choose foods that are considered high in fiber, Vitamin D, Calcium, and Iron.

EXERCISE

If you haven't been exercising during Level 1, start slow!

Increase frequency to 4 or 5 times per week.

This could be anything you enjoy - walking, dancing, yoga, weight lifting, jogging, basketball, soccer, etc..

Don't forget to hydrate! Drink to match your thirst:
Our recommendation is about **50-70 oz per day**.



Have fun! Exercise is a celebration of your health.



MINDFULNESS



Mindfulness reconnects us with our internal hunger and satisfaction cues. It supports making conscious decisions against unconscious eating patterns.

Ways to practice mindfulness:

- Listen to your bodies hunger cues and notice when you're full
- Learn to distinguish when you have true hunger vs non-hunger desires to eat
- Take in the color, smell, sound, texture and flavor of your foods
- Learn to release guilt and anxiety about food
- Appreciate your food
- Notice how it makes you feel

FAQS



1. Can I still lose weight on Level 2?

- Absolutely!

2. Can I have bread?

- Start around week 3 of Level 2 and incorporate sprouted, whole grain bread, or Artisan sourdough bread (about 1 slice per day).

3. Is Chickpea/Edamame/etc... Pasta OK ?

- Ask yourself, "Does it look like a chickpea?" If not, it is probably processed, and not a whole food. Good to avoid in Level 2.

4. Can I have dairy? Cheese?

- Yes, start with hard cheeses first (Swiss, Parmesan, Cheddar, etc. at 1 oz.) then move to yogurt, then milk.

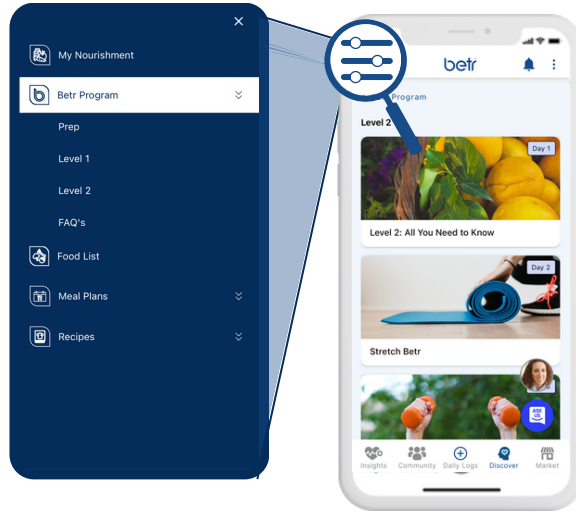
5. How do I fuel for exercise?

- 1-2 activity fuels for moderate exercise. Stay hydrated.

6. Can I have alcohol?

- We recommend avoiding alcohol on Level 2, but if you choose to have a drink - reach for a glass of dry red wine or a vodka soda with lime/lemon.

DISCOVER: LEVEL 2

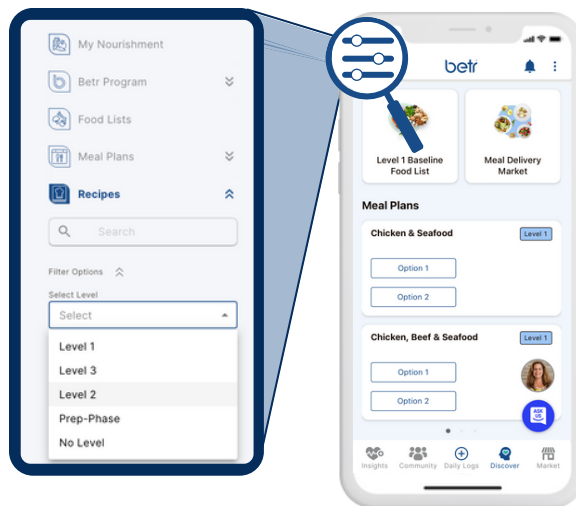


Hungry for more Level 2 Content?

Find out more about Level 2 in the Discover Tab of your app.

Betr Program → Level 2 Articles

Recipes → Select Level: Level 2



RECIPES

Cauliflower Crust Pizza

Level 2 | Entree | Makes 1 Pizza

Ingredients:

- 1 cup of chopped cauliflower florets
- ½ cup water
- 1 large egg
- ⅛ tsp pink Himalayan salt
- ½ tsp [Betr Italian seasoning](#)
- Toppings: mozzarella cheese, vegetables (ex: spinach, mushrooms, tomatoes), basil/oregano



Directions:

1. Preheat the oven to 400 degrees.
2. Pulse cauliflower florets in a food processor until they are finely chopped, making cauliflower "rice"
3. In a small saucepan, bring water to a boil. Once boiling, add the cauliflower "rice" to the pan.
4. Turn the heat off, cover with a lid, and let it sit for 10 minutes.
5. Remove the lid from the pan and place the cauliflower "rice" into a clean dish towel.
6. Wrap the cauliflower in the towel, and squeeze out any leftover water.
7. In a bowl, mix the egg, pink Himalayan salt, and seasonings.
8. Add the cauliflower rice to the bowl. Then, mix everything until well combined.
9. Pour the ingredients onto a baking sheet lined with parchment paper.
10. Using a spoon, spread the mixture into the shape of a small and round pizza (try to make it 1/3 inch thick).
11. Bake for 25-30 minutes or until the crust is lightly golden.
12. Remove the pizza and top with desired toppings, examples given above
13. Bake for 6-8 more minutes or until toppings have cooked through.
14. Let the pizza cool, then enjoy!

RECIPES

Spicy Pineapple Pico de Gallo

Level 1 | Side/Sauce | Makes 2 Servings

Ingredients:

- 2 medium organic tomatoes, seeded and diced
- 1/2 cup fresh or canned pineapple chopped into bite size pieces, drained
- 1/2 cup red onion, diced
- 2 tablespoon fresh cilantro, stemmed and lightly minced
- 4 teaspoon fresh jalapeño, minced
- 1 tablespoon lime juice, freshly squeezed
- 1 pinch Himalayan Pink Salt



Directions:

1. Combine all ingredients in a medium serving bowl and gently stir.
2. Serve as a side dish over Betr Grilled Chicken #2.

Toaster Oven Turkey Burgers

Level 2 | Entree | Makes 2 Servings

Ingredients:

- 1 small sweet potato, sliced
- 1 lb. turkey
- 1 tablespoon Thyme
- Optional: 1 tablespoon Betr pesto
- 8 leaves fresh basil
- 8 leaves fresh basil
- 1 small tomato, sliced



Directions:

1. Preheat toaster oven to 375 degrees.
2. Slice sweet potatoes in thick horizontal circles. These will be your buns!
3. Bake potato slices for 5 minutes while you mix your turkey.
4. While potato is baking, mix the turkey with thyme in a large bowl.
5. Shape turkey mix into patties sized to match the potato slices, and add to the toaster oven alongside the potato slices.
6. Bake for an additional 10-15 minutes, or until turkey is done.
7. Whip up Betr Pesto.
8. Assemble with tomato and basil leaves.

RECIPES

BBQ Fat-Burning Sweet Potato Chips

Level 2 | Side | Makes 2 Servings

Ingredients:

- 2 organic sweet potato
- 2 tablespoon avocado oil
- 1/4 teaspoon Himalayan Pink Salt
- 2 tablespoon BBQ sauce
 - We recommend Betr BBQ Sauce (recipe below)



Directions:

1. Preheat oven to 250° F.
2. Slice potatoes thin, about 1/4" or less.
3. In a plastic bag, mix remaining ingredients and then add potato slices. Massage until evenly coated.
4. Bake low n' slow for 2 hours. Make sure they are perfectly crisp.
5. Remove from the oven and enjoy!

Betr BBQ Sauce

Level 2 | Entree | Makes 1 Bottle

Ingredients:

- 2 cups organic tomato sauce
- 1/4 cup Braggs Apple Cider Cinegar
- 1/4 cup pure maple syrup
- 1/2 teaspoon Himalaya Pink Salt
- 2 cloves garlic, minced
- 1/4 teaspoon onion powder
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon chili powder (add additional chili powder according to taste)



Directions:

1. In a medium saucepan, whisk all ingredients together over med-high heat. Bring to a boil and then reduce heat to med-low and simmer for 15 - 20 minutes until thickened.

Note: If you like a sweeter sauce, you can incrementally increase the amount of maple syrup until you reach the desired sweetness.

RECIPES

Chaga Chocolate Milk

Level 2 | Entree | Makes 2 Servings

Ingredients:

- 16 fl ounces Chaga tea
- 3 tablespoons cacao
- 1 teaspoon maca root powder
- 5 drops Stevia
- 1/2 cup almond milk



Directions:

1. Blend and enjoy over ice.

Note: You might be wondering, what is Chaga? This tea is definitely for the more adventurous of our members who want to try something totally different. Chaga is an immune-boosting mushroom. It is known to reduce inflammation as well. You can find Chaga at local health food stores or online at Amazon.

Chicken Coconut Curry

Level 2 | Entree | Makes 2 Servings

Ingredients:

- 1 lb. chicken breast
- 1 teaspoon Extra virgin olive oil
- 1 small yellow onion, diced
- 1 1/2 teaspoon Himalayan Pink Salt
- 2 teaspoons curry powder
- 14 fluid ounces organic coconut milk (no sugar added)
- 1 15 ounce can petite diced organic tomatoes (no sugar or sodium added)
- 2 tablespoons organic tomato paste
- 2 cups Fresh organic spinach, loosely packed & lightly chopped
- 2 cups cauliflower rice, steamed
- 1 tablespoons coconut oil



Directions:

1. Preheat oven to 425°F. Place chicken breast on baking sheet and cover with coconut oil.
2. Bake 18 minutes, or until cooked through.
3. In a large non-stick skillet, heat oil on medium-high and add onion and salt, stirring occasionally, until onion is translucent.
4. Add curry powder, stirring well to incorporate.
5. Add coconut milk, tomatoes, and tomato paste, stirring well.
6. Reduce heat to medium-low and simmer gently until sauce thickens slightly.
7. Cut chicken into cubes and add to mix.
8. Stir in spinach and cook until soft. Remove from heat.
9. Spoon sauce over cauliflower rice and enjoy!

RECIPES

Fresh Shrimp Spring Rolls

Level 2 | Entree | Makes 2 Servings

Ingredients:

- 4 sheets brown rice paper
- 12 cooked shrimp
- 12 leaves basil or mint (your choice)
- 1 cup mixed lettuce greens
- 1 cup shredded carrots
- 6 tablespoons liquid aminos



Directions:

1. Take a sheet of brown rice paper and run it under warm water.
2. Layer shrimp, mint or basil, mixed lettuce, and carrots in a row.
3. Tuck top to bottom, left side inward, right side inward (like an envelope)!
4. Enjoy by dipping in liquid aminos!

Cheesy Garlic Kale Chips

Level 2 | Side | Makes 2 Servings

Ingredients:

- 1 bunch curly kale
- 2 tablespoons B12 flakes
- 1 tablespoon garlic powder
- 1 teaspoon Himalayan Pink Salt
- 2 teaspoons avocado oil



Directions:

1. Pre-heat oven to 350 degrees.
2. Separate the kale from its stalk.
3. Tear kale into chip size niblets.
4. Massage in B12 Flakes, Garlic, Salt, and Oil.
5. Spread kale in a single layer on parchment paper.
6. Bake 7 - 10 minutes until crispy.

RECIPES

Pad Thai

Level 1 | Entree | Makes 4 Servings

Sauce Ingredients:

- 1 large red bell pepper, chopped
- 2 cups bean sprouts
- 1/4 cup peanuts
- 1 cup fresh cilantro, chopped
- 1/2 cup green onion, chopped
- 1/2 cup edamame beans

Entrée Ingredients:

- 1/4 cup organic unsalted peanut butter
- 1/4 cup warm water
- 3 tablespoons liquid aminos
- 1 tablespoon rice vinegar
- 1 tablespoon fish sauce
- 1 tablespoon raw organic honey
- 1/2 lime, juiced

Directions:

1. Toss all entrée ingredients except sauce in a bowl and set aside.
2. Put sauce ingredients into a food processor and blend until smooth.
3. Add sauce to entrée bowl, toss to coat evenly, and serve.



Zucchini Pizza Bites

Level 2 | Entree/Appetizer | Makes 2 Servings

Ingredients:

- 1 Large zucchini, sliced 1/4" thick
- 1/2 cup mozzarella cheese, finely grated
- 1/4 cup Betr Marinara
- 1/8 teaspoon cayenne
- 1/8 teaspoon Himalayan pink sea salt
- 1/8 teaspoon pepper
- 10 leaves fresh basil leaves

Directions:

1. Preheat oven to 400° F.
2. Line a baking sheet with aluminum foil (dull side up) or parchment paper. Dip paper towel in coconut oil or grape seed oil and lightly coat foil if using foil.
3. Place the zucchini slices on the prepared baking sheet.
4. Top each slice with 1/2 teaspoon marinara sauce and 1 tsp mozzarella.
5. Mix cayenne pepper, salt and pepper in a small bowl and add a pinch to top each slice.
6. Bake until cheese is melted, about 8 minutes.
7. Top with fresh basil leaves.

