

Fat Flush®

Smoothie SHAKEDOWN

Guide



LOSE UP TO
20 LBS
IN 2 WEEKS!†



This book is for educational purposes. It is not intended as a substitute for medical advice. Readers are advised to consult a qualified health care professional regarding treatment of their medical problems. The publisher and its officers, agents and affiliates take no responsibility for any adverse effects arising directly or indirectly as a result of the information provided in this book.

†Shakedown Dieters lose on average 8-10 lbs in two weeks; individual results vary.

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Fat Flush[®]

Smoothie
SHAKEDOWN

Guide



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1. Getting Acquainted



“Jump-start weight loss, lose that final 20 pounds, or break through a plateau—the Smoothie Shakedown will work for you.”

-Ann Louise Gittleman, PhD, CNS
Creator of the best-selling Fat Flush series

The Smoothie Shakedown is the accelerated Fat Flush. It’s based upon the pioneering Fat Flush approach to dieting—the first in the nation to introduce the detox/diet connection. Fat Flush also broke new ground by identifying hidden weight gain factors—beyond just diet and exercise—contributing to America’s obesity epidemic.

The Smoothie Shakedown takes the revolutionary Fat Flushing principles to the next level by offering a two-week super-charged weight loss program specifically designed for busy people on-the-go. It’s easy to follow—even when eating out—and accelerates healthy weight loss. It is a balanced "quick fix" diet, one that you can stay on without hunger or food cravings.

“I’m so proud of how far I’ve come. I could NOT have done this without the Smoothie Shakedown. This plan has changed my life! I lost 17 lbs and 17 inches in two weeks on the Smoothie Shakedown alone.”†

-Chris P., Sanford, NC



**DOWN
17 LBS &
17 INCHES†**

†Real life customer experience; individual results vary.

We've designed the Smoothie Shakedown for real people, who are busy every day of the week with no time to plan, shop for, or cook three square meals.

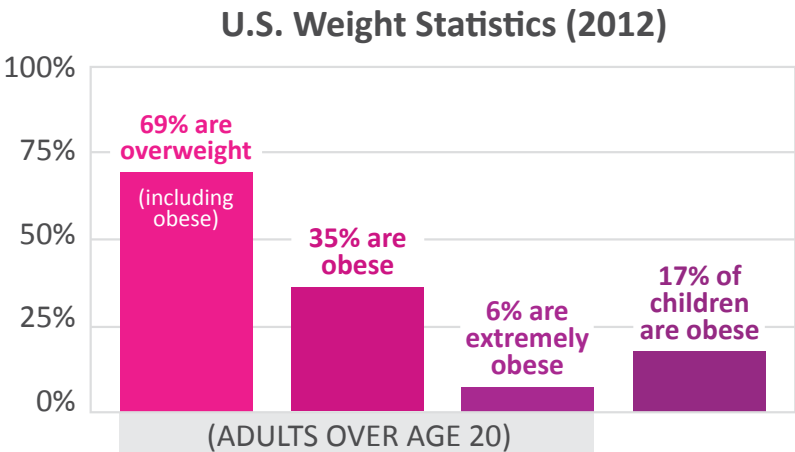
So, consider the Smoothie Shakedown as a fresh new start to:

- Eat right without time-consuming preparation
- Kick off a healthier nutrient-dense eating plan
- Tame cravings
- Cleanse your system of toxins and waste
- Support your detox organs and glands
- Re-energize your life
- Think more clearly
- Reduce your risk for disease

This ultra Fat Flush is right on the mark.

Nearly 75% of the population is overweight with over 1/3 classified as obese. Too much flab is directly connected to heart disease, diabetes, arthritis and even cancer.

In fact, these stats from the National Center for Health Statistics are downright scary:



2. Is the Smoothie Shakedown Right for You? ———

Find out by answering the following five questions:

- ✓ Do you struggle to lose weight or have a history of yo-yo dieting?
- ✓ Do you have frequent sugar and carb cravings and feel like you're either on a high or low throughout the day?
- ✓ Do you feel bloated after eating?
- ✓ Do you exercise and yet still struggle to lose weight?

The Smoothie Shakedown addresses all of the above issues. It is a satisfying and cleansing program containing the right protein, fats, carbohydrates and fiber that will balance your blood sugar, level out your moods, and keep you on an even keel while losing weight. It will keep you satisfied—so you're not hungry all the time—and allow you to maintain high energy levels.

**LOST
30 LBS
TOTAL!†**



"Staying fit and eating healthy is always a challenge, but even more so when you're traveling and eating foods at airports or hotels. I'm a pilot for a major airline and travel every week. The smoothies are easy to pack in a travel cooler bag and give me energy for several hours until I can get a healthy salad or meal, which can be hard to find at airports. I lost 10 lbs on the 2-week Smoothie Shakedown, and lost the recent 20 lbs (going from a size 12 to a size 8) with my "modified" program during my 3 to 4-day trips."

-Cindee G.

After

†Real life customer experience; individual results vary.

3. Shakedown Basics

Flip to pg. 13 for the Complete Plan.

The Smoothie Shakedown is designed as a simple, straightforward two-week program—brimming with flavor and bursting with health benefits. Everyday you'll be nourished by two smoothies, one satisfying meal, delicious snacks, fortifying supplements and cleansing liquids while purging the fats and toxic-laden fluids from your system. You won't be tempted to cheat or even overeat because you really won't be hungry!

It's so simple!



FOR BREAKFAST & LUNCH:

A filling Shakedown smoothie made with Fat Flush Body Protein.



FOR DINNER:

A satisfying meal with lean protein, unlimited vegetables and salad.

For a little variety, or to fit your own lifestyle, mix up your menu and enjoy your smoothie for dinner and your meal for lunch, or even breakfast! No hard and fast rules here.

"The Smoothie Shakedown has left me nothing short of amazed. It is the first time I have lost weight and felt great while doing it. While I was skeptical of smoothies having the ability to keep me energized and not leave me hungry, that is exactly what they do. I don't feel deprived of food or like I'm starving. My energy level is higher than ever! I wake up before my alarm clock feeling rested and refreshed."[†]

-Casey S., Nashville, TN

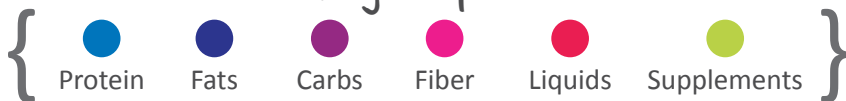


**LOST
20 LBS IN
TWO WEEKS[†]**

[†]Real life customer experience; individual results vary.

4. The Science Behind the Results

6 Key Components



● Protein – Power Up!

What makes the Smoothie Shakedown so successful? It's the “smoothie” itself—which is derived from clean plant proteins that balance the body's pH level and help to optimize your liver and thyroid function. In other words, certain types of combined plant proteins can help to reset metabolism, which is great news for detox/dieting fans.



In fact, recent studies have shown that consuming plant protein allows people to lose more weight than those consuming meat. Plant-based protein is an effective fat fighter as it helps reduce your appetite, while supporting the liver and thyroid and boosting metabolism.

Here is some compelling research on the power of plant protein:

- Low-carb dieters lost 50% more weight when they got most of their protein from plants, compared to those who ate more meat (*New England Journal of Medicine*, 2009).
- Women who ate mostly plant-based protein weighed on average 15% less than those who ate primarily meat (*Nutrition Reviews*, 2008).
- People who ate more plant-based protein consumed 40% less calories (University of California-Davis).

Plant Protein Benefits:

- Curbs appetite*
- Boosts metabolism*
- Supports the weight loss functions of the liver and thyroid*
- Normalizes pH for optimum liver and thyroid function*
- Offsets the acidity of sugar, carbonated drinks, processed foods and a heavy meat diet*

20 GRAMS OF PROTEIN
PER SERVING

Fat Flush Body Protein

Fat Flush Body Protein is a special protein powder developed for safe and successful detox/dieting. The blend of pea and rice protein provides a complete protein source of essential amino acids.

Unlike protein powders made from milk, soy, or eggs, Fat Flush Body Protein does not trigger most food allergies or food sensitivities and improves digestion to keep you feeling fuller longer.* It is sweetened only with stevia and prebiotic inulin—both incredibly low on the glycemic index. Each serving contains 20 grams of protein to keep you sustained and energized for a good four hours, as opposed to other products that satisfy for only one and a half hours... or less!*

Energy
Booster!*



*These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.

Of course, you can still have lean animal protein, but for the two-week duration, it is limited to just one meal per day. Since an overlooked part of successful weight loss is detoxification, you need to give the digestive system a "vacation" so that it can rest, heal and cleanse. That includes not only the gastrointestinal tract, but all the digestive and detox organs—the pancreas, liver and kidneys.



All Fat Flush programs encourage protein as an essential part of every meal and snack. That's because protein is such a key nutrient for overall health. Remember that your muscles, bones, blood, organs, hormones, antibodies, neurotransmitters and enzymes are all derived from protein. Your hair and skin are 99% protein. Protein keeps blood sugar levels stable, so that along with the right fats, fruits and veggies you will have a steady source of energy for your daily activities!

● Fats - Omegasize Your Diet

Like protein, the right fats have a stabilizing effect on blood sugar. From the Shakedown perspective, essential fats (like omega-3 rich flaxseed or fish oil) can accelerate fat-burning, stimulate fat loss and provide long-term satiety while maintaining long-term muscle mass.



Other fats, like gamma linolenic acid (GLA) from black currant seed oil capsules, provide the "good" omega-6s which moisturize the skin and keep it taut during weight loss while supporting the fat-burning process. Fats also strengthen cell walls, assist in the absorption of calcium and fat-soluble vitamins (A, D, E and K), soothe the skin, nerves and mucous membranes, and benefit the immune, cardiovascular, reproductive and central nervous systems.

● Carbs - Cleanse with Fresh Fruits and Veggies



Eating the right kinds and proper servings of fruits and vegetables is crucial for the detox process that is key to the Smoothie Shakedown.

Fruits are loaded with enzymes, minerals (like potassium), vitamin C and fiber, which are potent disease fighters and natural cleansers

for the system. Vegetables are a rich source of antioxidants and phytochemicals (plant-based

healing substances). So, as you eat your way to slimming health and beauty, you can choose from a colorful array of fruits and vegetables that are low on the glycemic index.

● Fiber - Sweep Your System Clean

The high fiber addition of flax seeds or chia seeds assists daily elimination and the binding of toxins so they are not reabsorbed into the body.

A great whole food source of omega-3s, flax seeds are also high in lignans, plant-based estrogen modulators that can help balance hormones. Flax is high in both soluble and insoluble fiber, making its seeds very effective as colon cleansers and bowel regulators. These seeds need to be ground in order to provide their full nutritional benefits. They can be blended into smoothies or sprinkled on your favorite dishes.



Chia seeds are an extraordinary ancient “superfood” and provide one of the richest sources of vegetable-based calcium. Also containing high amounts of omega-3s, they provide antioxidants, vitamin C, minerals, protein and essential amino acids. Unlike flax seeds, they do not need to be ground to obtain their full nutritional value—they are easily digested just as they are. With a neutral flavor, they are easily added to your smoothies and meals. When adding to a smoothie, be sure to add them at the end after you’ve combined the other ingredients—they tend to “gel” quickly in the blender.

● Liquids - The Water Connection



You'll be drinking lots of water during the Smoothie Shakedown. Pure, filtered water is an important aspect of the program. It ensures normal bowel and kidney function to rid the body of stored wastes and fats. It also helps plump up the skin and prevents dehydration while taking the edge off of appetite. Throughout the day, you'll drink half your body weight in ounces of water—typically 10 to 12 8-ounce glasses.

* Bloat Busting Tip

To flush out water weight, improve cellulite and keep your system in cleansing mode, sip this signature Fat Flushing beverage daily.

CRAN-WATER:

Mix together one ounce of 100% pure unsweetened cranberry juice with seven ounces plain filtered water. To make a half-gallon (64 oz) at a time, put one cup (8 oz) of the cranberry juice in a half-gallon container and fill the rest with water.



Did You Know? Cranberry...

- Helps minimize the appearance of cellulite and varicose veins
- Provides a terrific source of potent antioxidants (like proanthocyanidins and phenols)
- Supports digestion
- Cleanses the urinary tract
- Strengthens connective tissue
- Protects blood vessels from damage by free radicals

The organic acids in cranberry juice act as fat-flushing enzymes, emulsifying and eliminating the fatty deposits backed up in the lymphatic system (a secondary circulatory system underneath the skin), ridding the body of toxic wastes, trapped protein and fatty globules (Gittleman, *Fat Flush for Life*, 2010, p. 27).

● Supplements - Enhance Your Weight Loss

Fat Flush Body Protein is the centerpiece of the Smoothie Shakedown. To maximize results from the program, supplement with the Fat Flush Kit, which contains three critical supplements to support your weight loss efforts: Weight Loss Formula, Dieters' Multivitamin & Mineral and GLA-90.*



Before



After

"I began using the Smoothie Shakedown Bundle and have lost 44 pounds and kept them off two years later with the help of one smoothie a day and the supplements!"†

-Karen W.

Fat Flush Kit

The Fat Flush Kit provides three advanced detox nutrient formulas for all Fat Flush programs. These formulas are designed to support optimal nutrient intake during rapid weight loss and ongoing weight control without feeling "on edge" from harsh stimulants like maté, guarana, kola nut and caffeine.*

Kit includes:

- Weight Loss Formula
- Dieters' Multivitamin & Mineral
- GLA-90

Safe for weight loss and lifetime weight maintenance programs.



*These statements have not been evaluated by the FDA.
This product is not intended to diagnose, treat, cure, or prevent any disease.
†Real life customer experience; individual results vary.

*For Use With Diet & Exercise



Weight Loss Formula -

Contains 400 mcg of chromium and 500 mg of L-Carnitine Tartrate to support weight loss efforts. Plus, a stimulant-free combination of safe, supportive nutrients and herbs that help to: support balanced blood sugar, support optimum energy levels and support healthy fat metabolism while nourishing the liver.*

Recommended Dosage: Adults take one (1) capsule three times daily with meals.

Dieters' Multivitamin & Mineral -

A comprehensive multi specially formulated to support detox dieting. This one-of-a-kind detox multi contains nutrients helpful for the body's basic daily needs, but not in amounts that will further burden the liver during cleansing. Ideal nutritional insurance for men and women of all ages and stages of life.*

Iron-free Dieters' Multivitamin & Mineral available for men and postmenopausal women.

Recommended Dosage: Adults take one (1) capsule two times daily with meals.



GLA-90 -

Features gamma linolenic acid from black currant seed oil to stimulate metabolically active brown fat for weight loss support. Brown fat has been hailed as the "new obesity treatment." GLA may also help inflammation and keep skin internally moisturized during weight loss.*

Recommended Dosage: Adults take two (2) softgels twice daily, best with meals.

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

5. The Complete Smoothie Shakedown Plan

Overview:



✓ Meal 1 & 2

Smoothie

Fat Flush Body Protein, omega-3 oil, fiber-rich seeds, fruit/veggies and water.



✓ Meal 3

Satisfying Meal

Lean protein, veggies and/or salad.

✓ Snacks

Nibble any time you're hungry on approved snacks (pg. 16).



✓ Water & Supplements

Water

Stay hydrated throughout the day.
Sip cran-water for a vital cleansing boost.

Fat Flush Kit Supplements (pg. 16)

Take with meals for optimum dieting stability and support.

Daily Allowances

Daily Intake indicates how many dietary servings you should have per day. Divvy this up any way you choose—in your smoothies, meals and snacks—but be sure not to exceed any of the daily allowances.

SS Rx is the Smoothie Shakedown prescription—suggesting the most delicious and nutritious ways to enjoy the staples of the program.

Fat Flush Body Protein

Daily Intake: 2 servings

SS Rx Use as the staple ingredient in your daily smoothies. You can find the basic smoothie recipe on pg. 18.

Omega-3 Oils

Daily Intake: 2 tablespoons

Choose from: Flaxseed oil or fish oil

SS Rx Add to your smoothies or mix with raw apple cider vinegar or fresh lemon juice for salad dressing.



Fiber-Rich Seeds

Daily Intake: Up to 4 tablespoons

Choose from: Ground flax seeds or chia seeds

SS Rx Sprinkle on your favorite dishes or add to your smoothie. A must-have if you're not eliminating daily!



Lean Protein

**Daily Intake: 4 to 6 ounces lean protein
(up to 8 oz for males)**

Choose from: Lean beef, all varieties of fish (including no-salt-added or well-rinsed canned), lamb, poultry, seafood or tofu (not more than twice per week).

SS Rx Eat as part of your daily meal (see pg. 21 for recipes).



Fruit



Daily Intake: 2 servings (serving sizes below)

Choose from: 1 small apple (½ cup unsweetened applesauce), 1 cup berries (blackberries, blueberries and raspberries), 10 large cherries, ½ grapefruit, 1 small orange, 1 nectarine, 1 peach, 1 pear, 2 medium plums or 6 large strawberries

SS Rx Add to your daily smoothies (or skip fruit in one smoothie and enjoy for snack or dessert).

Veggies/Salad



Daily Intake: At least 5 servings from a rainbow of colors (unless otherwise specified), cooked or raw

Choose from: Arugula, asparagus, bamboo shoots, bell peppers, broccoli, Brussels sprouts, cabbage, carrots (1 medium or 5 baby), cauliflower, celery, chives, collard greens, cucumber, daikon, Daily Greens Formula, eggplant, endive, escarole, fennel, garlic, green beans, Jerusalem artichoke, jícama, kale, leeks, lettuces, mushrooms, mustard greens, okra, olives (3 black), onions, radicchio, radishes, rhubarb, spaghetti squash, spinach, sprouts, Swiss chard, tomatoes, water chestnuts, watercress, yellow squash or zucchini

SS Rx Munch throughout the day and have a few servings with your daily meal.

Spices & Condiments



Daily Intake: Unlimited (unless otherwise specified)

Choose from: Basil, bay leaf, cayenne, cilantro, cinnamon, cloves, coriander, cumin, dill, garlic, ginger, mint, mustard, onion powder, oregano, parsley, turmeric, lemon, lime or raw (unpasteurized) apple cider vinegar (1 to 2 tablespoons)

SS Rx Wake up your snacks, smoothies and entrees with flavorful herbs and spices that kick up metabolism, support the liver and act as natural diuretics to rid the body of excess fluid.

Fat Flush Kit Supplements

Daily Intake:

Weight Loss Formula – 1 capsule, three times daily with meals

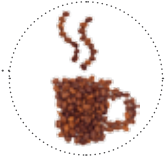
Dieters' Multivitamin – 1 capsule, two times daily with meals

GLA-90 – 2 softgels, two times daily with meals

Legal Cheat

Daily Intake: 1 cup

Choose from: Organic coffee or dandelion root tea



Pure, Filtered Water

Daily Intake: Half your body weight in ounces of water
(typically 10-12 8 oz glasses)

SSRx Stay hydrated throughout the day to optimize results.
Enjoy cran-water as part of your daily intake.

Cran-Water

Daily Intake: 8 glasses (64 oz)

Recipe: 1 ounce 100% unsweetened cranberry juice to 7 ounces filtered water (no sweetener should be added). For 64 ounces, mix 8 ounces of cranberry with 56 ounces of water.

SSRx Sip all day long as part of your total water intake and give your smoothies a kick!

Snacks

It's important to eat every 3 to 4 hours, so when you get hungry between smoothies or meals, have a satisfying snack:



- **Unlimited Approved Veggies** (pg. 15)
Some of our favorite options include:
Jicama sticks with lemon juice,
mixed veggies with apple cider vinegar, kale chips, chia crackers,
veggie lettuce wraps
- **1-2 Hard-boiled Omega-3 Eggs Daily**

Tips for Success

REMEMBER

No alcohol, sodas, gum, sugar, artificial sweeteners, or extra salt (unless you have low blood pressure, then have $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon salt per day).

Avoid eating two hours before bedtime.

Sample Menu Plan

Here's a sample menu plan to give you an overview of what your daily intake will look like. Feel free to substitute any of the smoothies, snacks, or meals with any you see in this guide or on the website at smoothieshakedown.com. Or, come up with your own!

Breakfast: Life's a Peach Smoothie (pg. 19)

Morning Supplements: Weight Loss Formula, Dieters' Multivitamin, GLA-90

Snack: Raw veggie salad with apple cider vinegar and a hard-boiled egg

Lunch: Cherry Cinnamon Smoothie (pg. 19)

Afternoon Supplements: Weight Loss Formula

Snack: Hard-boiled egg, sliced and sprinkled with Shakedown Seasoning (pg. 22)

Dinner: Shrimp Ratatouille (pg. 35) and spinach salad

Evening Supplements: Weight Loss Formula, Dieters' Multivitamin, GLA-90

Cran-water throughout the day

6. Smoothie Shakedown Recipes

Find more recipes at
smoothieshakedown.com

Basic Smoothie Recipe

■ Serves 1

- 8 ounces water or cran-water*
- 1 scoop Fat Flush Body Protein
- 1 serving fresh or frozen fruit**
- 1 tablespoon flaxseed oil
- 1 tablespoon flax or chia seeds
- Ice cubes (optional)

Combine ingredients in a blender until smooth, and then add flax or chia seeds.

*1 ounce 100% unsweetened cranberry juice to 7 ounces of water

**Serving sizes on pg. 15



* Tips for a Great Tasting Smoothie

SHAKE IT UP!

Experiment with different approved fruits and combinations until you find your favorites! Or, adjust the recipe by adding more water or unsweetened cranberry juice.

(continued...)

(...continued)

FRESH OR FROZEN?

Veteran Shakedowners report that frozen fruit makes the best smoothie.

TRIAL & ERROR

Try blending the fruit and water first before adding the other ingredients—every blender is different, so it will take some experimenting!

USE FLAVORFUL FLAX

When it comes to flaxseed oil, we've found that Omega brand flax oils are the best-tasting.

ICE IS NICE

For a different texture, you may want to try adding varying amounts of ice cubes.

Smoothie Shake-up!

Tired of the same-old smoothie? Get creative and mix up your menu! Try these variations—just add to the basic smoothie recipe.

- 1. Blueberry Mint Melody** – 1 cup blueberries and 2-3 fresh mint leaves
- 2. Cherry Cinnamon** – 10 seedless cherries and ⅛ teaspoon ground cinnamon
- 3. Life's a Peach** – ½ cup frozen peaches and 3 frozen strawberries
- 4. Cran-Applicious** – ½ cup unsweetened applesauce, 1 tablespoon lemon juice and 8 ounces cran-water
- 5. Cinna-Squash** – 1 cup roasted spaghetti squash and a pinch of ground cinnamon



(continued...)

(...continued)

6. **Citrus Surprise** – Flesh of $\frac{1}{4}$ grapefruit and $\frac{1}{2}$ orange with a pinch of cinnamon and ginger
7. **Strawberry Lemonade** – 6 large strawberries and $\frac{1}{4}$ lemon
8. **Peachy Raspberry** – $\frac{1}{2}$ cup frozen peaches and $\frac{1}{2}$ cup frozen raspberries
9. **Pear Power Green** – 1 pear, $\frac{1}{2}$ cup kale or 1 scoop Daily Greens Formula
10. **Rockin' Red** – 5 seedless cherries, 3 frozen strawberries and $\frac{1}{3}$ cup raspberries
11. **Apple Pie Delight** – 1 baked apple and a pinch of cinnamon
12. **Plum Passion** – 1 plum and $\frac{1}{2}$ cup frozen blueberries
13. **Blackberry Breeze** – $\frac{1}{2}$ cup frozen blackberries and $\frac{1}{2}$ cup frozen raspberries
14. **Cherry Limeade** – 10 seedless cherries and $\frac{1}{4}$ lime
15. **Lemon-Berry** – 1 cup frozen mixed berries and 1 tablespoon lemon juice



* Supercharge Your Smoothie!

Enhance your smoothie with a simple add-in to:

- Increase energy - 1 scoop Daily Greens Formula
- Boost antioxidant levels - $\frac{1}{2}$ teaspoon turmeric
- Rev up metabolism - $\frac{1}{4}$ teaspoon cayenne
- Balance blood sugar - $\frac{1}{4}$ teaspoon cinnamon
- Fight carb cravings - 1 tablespoon apple cider vinegar
- Strengthen collagen - 1 tablespoon gelatin

Meals

Try these quick and easy Shakedown-friendly recipes the whole family will love. With two full weeks already planned, you'll find meal time as blissfully simple as it should be!

For more recipes visit: www.smoothieshakedown.com/recipes



Food may be cooked in low-sodium beef, chicken or vegetable broth. A few spritzes of olive oil (real olive oil in an oil mister) may also be used—just enough to lightly coat the pan or skillet.

South of the Border Lettuce Wraps

■ Serves 4

Olive oil spritz

1 onion, chopped

1 orange or red bell pepper,
seeded and chopped

1½ pounds lean ground beef
(or turkey)

3 cloves garlic, chopped

2 teaspoons Shakedown

Seasoning (recipe on pg. 22)

8 large leaves of lettuce, rinsed

¼ cup salsa

Fresh cilantro



Coat a large skillet with a few spritzes of olive oil; heat over medium-high heat. Sauté the onions and peppers until softened. Add the ground beef and garlic and continue sautéing until the beef is cooked through; drain. Stir in the Shakedown Seasoning; simmer for 5 minutes. Spoon the beef mixture into the lettuce leaves; top each with 1 tablespoon of salsa, green onions and cilantro.

Shakedown Seasoning

- Makes about $\frac{3}{4}$ cup

A multi-purpose seasoning—use with any of your Shakedown dishes. It's especially good for grilled meat!

- 2 tablespoons onion powder**
- 2 tablespoons garlic powder**
- 2 teaspoons ground coriander**
- $\frac{1}{4}$ cup dried parsley**
- 1 teaspoon minced lemon zest**
- $\frac{1}{4}$ teaspoon cayenne**
- $\frac{1}{4}$ cup ground cumin**

Combine all ingredients and place in a covered container. Store at room temperature.

Stuffed Peppers

- Serves 6
-

- Olive oil spray**
- $1\frac{1}{2}$ pounds lean ground beef**
- 1 onion, finely chopped**
- 1 egg**
- 1 cup salsa**
- 3 bell peppers (red, orange, yellow or green), halved and seeded**



Preheat oven to 350°F. Spritz a medium baking dish with olive oil spray. In a bowl, mix the beef, onion, egg and $\frac{1}{2}$ cup salsa. Stuff the pepper halves with equal amounts of the meat mixture. Arrange in the baking dish and top with the remaining salsa. Bake, uncovered, for 1 hour until peppers are soft and meat is cooked.

Variation: Try adding 1 cup chopped/sliced mushrooms!

Classic Chicken Caesar Salad

■ Serves 4

8 cups romaine lettuce,
washed, dried and
torn

1 pound boneless,
skinless chicken
breasts, grilled and
sliced

**½ cup Still Amazing
Caesar Dressing**

**Sliced grape tomatoes
and lemon wedges for garnish**



Mix all ingredients in a large bowl, making sure to evenly coat with dressing and serve.

Still Amazing Caesar Dressing

■ Makes about 1 cup*

1 large egg, raw or coddled

Grated zest from 1 lemon

Juice from 1 small lemon

1 to 2 garlic cloves

½ teaspoon dry mustard

Pinch of salt (optional)

2 tablespoons raw apple cider vinegar

½ cup flaxseed oil

Place all ingredients except the flaxseed oil in blender or food processor. Drizzle in the flaxseed oil and blend until thickened and smooth. Store in the refrigerator.

***Note:** 2 tablespoons dressing provides 1 tablespoon flaxseed oil.

Fiery Shrimp Skewers

■ Serves 4

- Juice of 2 limes
- 2 cloves garlic, chopped
- ½ teaspoon ground cumin
- Cayenne to taste
- Olive oil spritz
- 1¼ pounds medium shrimp, peeled
- Bamboo skewers, soaked in water



Combine all ingredients except shrimp in a large baking dish. Add shrimp, toss to coat. Marinate in refrigerator for at least 15 minutes. Put shrimp on skewers, place skewers on grill (using a low flame or coals) and cook for about 3 minutes on each side or until shrimp are pink and lightly charred on both sides, being careful not to overcook.



Cayenne:

Cayenne's heat comes from a high concentration of capsaicin, a substance that gives cayenne the power to fire up circulation, stimulate the body's metabolic rate and help clean fat out of the arteries.

Because cayenne's heat intensifies when it's frozen, you may want to go easy when making a dish destined for the freezer.

Fiery Grilled Shrimp Dijon Salad

■ Serves 4

1¼ pounds medium shrimp, prepared using Fiery Shrimp Skewers (recipe on pg. 24)

8 cups mixed greens or spinach, thoroughly rinsed

1 cup grape tomatoes, sliced

1 cup fresh mushrooms, sliced

½ red onion, thinly sliced



Toss all ingredients in a large bowl and serve with Herbal Dijon Vinaigrette.

Herbal Dijon Vinaigrette

■ Makes about 1 cup*

½ cup raw apple cider vinegar

½ cup flaxseed oil

2 cloves garlic, crushed

1 teaspoon Dijon mustard, or to taste

1 teaspoon minced fresh parsley

1 teaspoon minced fresh dill

1 teaspoon minced green onions

Place all ingredients in a glass container with a lid; shake well. Keep refrigerated.

***Note:** 2 tablespoons dressing provides 1 tablespoon flaxseed oil.

Ginger Steak Stir-Fry

■ Serves 4

- ¼ cup no-salt-added beef broth
- 1 pound lean beef round tip steak, sliced ¼ inch thick
- 2 cups mushrooms, thinly sliced
- 1 cup bamboo shoots
- 1 cup water chestnuts
- 1 cup bell peppers (any color), seeded and sliced
- 1 cup broccoli florets
- 1 cup asparagus, coarsely chopped
- 1 carrot, thinly sliced
- 1 teaspoon ginger
- ¼ teaspoon cayenne



Heat broth in a nonstick skillet over medium-high heat. Add steak and cook until almost done. Add all veggies and seasonings, cooking until tender.

Variation: Substitute with boneless, skinless chicken breasts and no-salt-added chicken broth.



Ginger:

According to a study published in the *Journal of Obesity*, ginger raises body temperature and assists the body to burn 20% more calories.

Spice up your smoothie with a chunk of fresh ginger (about a square inch) for extra calorie-zapping zing!

Seasoned Chicken and Veggie Kabobs

■ Serves 4

**1 pound boneless,
skinless chicken, cut
into 1-inch cubes**

**¼ cup Shakedown
Seasoning (recipe on
pg. 22)**

2 cups zucchini, cubed

**2 cups yellow squash,
cubed**

2 cups red pepper, cubed

2½ cups button mushrooms

Lemon wedges, for garnish



Lightly coat chicken in Shakedown Seasoning. Alternate chicken and vegetables on skewers. Grill for about 15 to 20 minutes (on a low flame or coals), turning at least once, until chicken is cooked through. Remove from grill onto a serving platter. Garnish with lemon and serve.

Lemons:

Lemons are high in vitamin C, supplying four times more than oranges.



} Lemon juice can help liquefy fat so that it can be flushed out of your system faster. Drinking lemon juice in hot water acts as a mild diuretic, ridding the body of retained water and toxins, and may also help to reduce cellulite by cleansing the lymphatic system and stimulating blood flow to the skin.

Garlicky Chicken Casserole

■ Serves 4

- 4 (5 oz) boneless, skinless chicken breasts**
- 2 cups no-salt-added chicken broth**
- 1 medium red onion, diced**
- 2½ red bell peppers, chopped**
- 2 zucchini, sliced**
- 8 garlic cloves, minced**
- 12 black olives, sliced or chopped**
- 2 (8 oz) cans no-salt-added tomato sauce**
- Juice of 1 lemon**
- Handful of fresh cilantro, chopped**



Preheat oven to 350°F. In a medium pot, simmer chicken breasts and broth. Poach chicken until tender. When cooked, shred chicken into bite-sized pieces. Place chicken, onion, red bell pepper, zucchini, garlic, olives and lemon juice in a medium casserole dish and mix well. Cover and bake in oven for 45 minutes. Stir tomato sauce into the casserole and return to oven for 20 minutes uncovered. Mix in cilantro and serve.

* Recipe Tips

Save time by using leftover chicken breasts.

Substitute tofu for chicken as a meatless option.

Spaghetti Squash with Meat Sauce

■ Serves 4

- 1 medium spaghetti squash
- 1 pound lean ground beef
- 1 medium onion, chopped
- 1 cup mushrooms, sliced
- 1 (16 oz) can tomato puree
- 1 teaspoon ground fennel
- 2 garlic cloves, crushed



Preheat oven to 350°F. Cut spaghetti squash in half lengthwise and scoop out the seeds. Place cut side down on a baking sheet and bake for 30 minutes. When spaghetti squash is cooked, use fork to remove flesh that forms spaghetti-like strands. While the squash is cooking, mix beef, onion and mushrooms together in a skillet. Cook over medium heat until done. While the meat is cooking, put the tomato puree, fennel, and garlic in a 2-quart saucepan. Simmer over medium heat for 20 minutes. When the meat is cooked, add it to the sauce. Toss the spaghetti strands with the sauce and serve.

Variation: Omit ground beef from sauce and serve with Tasty Turkey Meatballs. Or, for a meatless option, add sautéed portobello mushrooms and onions to the sauce.

Tasty Turkey Meatballs

■ Makes 48-54 meatballs

- 3 tablespoons onion powder
- 5 tablespoons dried parsley
- 5 tablespoons dried cilantro

(continued...)

(...continued)

- 1 tablespoon cinnamon**
- 1 tablespoon coriander**
- 1 tablespoon cumin**
- 1 tablespoon ginger**
- Cayenne to taste**
- 4-5 pounds ground white turkey**

Mix onion powder, parsley, cilantro, cinnamon, coriander, cumin, ginger and cayenne. Add to ground turkey and mix thoroughly by hand and roll into meatballs, about 1 to 1½ inches in size. You can make them smaller or larger, if desired. Bake on a olive oil-sprayed cookie sheet for about 25 minutes at 350° or until evenly browned. Freezes well.

Stuffed Tomatoes with Tuna Salad

■ Serves 4

- 4 (6 oz) cans of tuna in water, rinsed and drained**
- 4 tablespoons flaxseed oil**
- 1 cup celery, finely chopped**
- ½ cup onion, finely minced**
- 2 teaspoons turmeric**
- 4 medium tomatoes**

Mix tuna, flaxseed oil, celery, onion and turmeric together. Cut off tops of tomatoes about ¼ of the way down and save tops. Scoop out pulp, drain and stuff with tuna salad. Replace the tops of the tomatoes.

Variations: Swap the tuna for salmon or mackerel. Swap the tomatoes with red bell peppers.



Zesty Salmon Broil

■ Serves 4

- 3 tablespoons lemon juice**
- 2 tablespoons fresh parsley, chopped**
- 2½ tablespoons cilantro, chopped**
- 2 garlic cloves, minced**
- 2 teaspoons ground cumin**
- ¼ teaspoon cayenne**
- 4 (5 oz) salmon fillets**

Combine lemon juice, parsley, cilantro, garlic, cumin and cayenne in a medium bowl. Rub the fillets with the mixture until well-coated on both sides. Chill and marinate for at least 1 hour.

Preheat broiler. Place fish in a nonstick broiling pan under the broiler and cook for about 4 minutes on each side or until salmon is opaque in the center. Serve immediately with steamed broccoli.



Dilly Cucumber Salad

■ Serves 4

- 1 cucumber, sliced**
- 1 tablespoon raw apple cider vinegar**
- 1 tablespoon fresh dill**

Toss all ingredients together to coat.

Old Fashioned Crockpot Chili

■ Serves 4

- 2 onions, sliced
- 1 cup bell peppers, chopped
- 1¼ pounds frozen lean ground meat (beef or turkey)
- 1 cup mushrooms, sliced
- 1 cup celery, chopped
- 1 (6-ounce) can tomato paste
- 1 (28-ounce) can diced tomatoes
- 2 to 3 garlic cloves, minced
- 2 teaspoons ground cumin
- Cayenne to taste
- 1 bay leaf



Place the onions and bell peppers in the bottom of a slow cooker. Place the frozen ground meat over the onions and bell peppers. Lay the mushrooms and celery on top of the ground meat. In a small bowl, mix together the remaining ingredients; pour over the mushrooms and celery. Cover; cook on low for 6 to 8 hours (or on high for 4 to 5 hours). About 45 minutes prior to serving, use a wooden spoon to break apart the meat into small chunks. Remove and discard the bay leaf before serving.



Cumin:

} Cumin packs a punch when it comes to both flavor and health benefits. Slightly bitter and peppery with a hint of citrus, cumin is a powerful liver detox enhancer.

Beef and Veggie Shepherd's Pie

■ Serves 4

- 1 pound lean ground beef**
- 1 medium onion, chopped**
- 4 garlic cloves, minced**
- 1 red pepper, chopped**
- 1 cup mushrooms, sliced**
- 1 teaspoon cayenne**
- ½ teaspoon onion powder**
- ½ teaspoon garlic powder**
- 2 small carrots, grated**
- 12 black olives, chopped**
- Handful of fresh cilantro**
- 1 (8-ounce) can no-salt-added tomato sauce**
- 1 (14½-ounce) can no-salt-added diced tomatoes**
- 2 cups Marvelous Mashed Cauliflower (recipe on pg. 34)**



Preheat oven to 350°F. In a large, nonstick skillet, brown ground beef, onion and garlic. When beef is nearly done, add red pepper, mushrooms, cayenne, onion powder and garlic powder. When beef is no longer pink, transfer to a large casserole dish. Add carrots, olives, cilantro, tomato sauce and diced tomatoes to casserole dish and mix well. Spread mashed cauliflower over the top. Bake in oven for 30 minutes. Place under broiler for 3 minutes or until browned on top.

Marvelous Mashed Cauliflower

■ Serves 2

- 1 medium head cauliflower, cut into florets**
- 1 cup purified water**
- 2 garlic cloves, minced**
- 1 teaspoon fresh chives, chopped**
- ½ teaspoon onion powder**
- ½ teaspoon fresh parsley, chopped**
- 1 tablespoon no-salt-added chicken or beef broth**

In a medium pot, place cauliflower with water and bring to a quick boil. Lower heat to simmer and cover. Cook for an additional 12 minutes or until soft. Drain, transfer cauliflower to a bowl and mash. Blend in garlic, chives, onion powder, parsley and broth with the mashed cauliflower.

Spinach Mushroom Quiche

■ Serves 4

- Olive oil spray**
- 4 eggs**
- 1 cup frozen spinach, thawed and drained**
- ½ cup mushrooms, chopped**
- 1 medium tomato, sliced (optional)**



Preheat the oven to 350°F. Lightly coat an 8×8-inch baking dish with olive oil spray. Beat the eggs, then stir in the spinach and mushrooms until fully incorporated. Pour mixture into the baking dish. Bake for about 10 minutes, remove and lay tomato slices on top. Bake for another 20 minutes or until knife inserted into the center comes out clean.

Shrimp Ratatouille

■ Serves 4

Olive oil spray

1 pound large shrimp,
shelled and cleaned

1 (28-ounce) can low-sodium
chopped tomatoes

1 onion, chopped

3 cloves of garlic, minced

1 medium eggplant, cut into
1-inch cubes

2 zucchini, cut into 1-inch
cubes

1 red bell pepper, cut into
1-inch pieces

1 yellow bell pepper, cut into 1-inch pieces

1 tablespoon fresh thyme, chopped

Cayenne, to taste (optional)



Spritz a heavy pot with olive oil spray and heat over medium heat. Add the onion and garlic; cook until translucent. Add the eggplant, zucchini and bell peppers; cook for 5 minutes. Add the thyme, tomatoes and cayenne if desired. Reduce heat to low and let simmer for about 20 minutes. In a large nonstick skillet, spritz with olive oil spray and add shrimp. Cook for about 2 minutes on each side. Add shrimp to vegetables and stir to combine.



SODIUM ALERT!

} Canned goods are packed with sneaky sodium and sugars. Be sure to watch for “low sodium” options when shopping for canned vegetables and broths.

Chia Crackers

- Makes 16 crackers
-

CHIA GEL:

⅓ cup chia seeds
2 cups water

CRACKERS:

¾ cup chia seeds
**1 tablespoon ground
cinnamon**
½ teaspoon ground ginger

**½ cup Chia Gel (instructions
below)**



Chia Gel: In a container with a lid, combine the chia seeds and water. Cover and shake for 45 seconds. Let the mixture rest for 1 minute and shake again. Let the mixture rest for 15 minutes before using.

Crackers: Preheat the oven to 275°F. In a medium-size bowl, combine the chia seeds and spices. Add the Chia Gel, stirring until mixed well and seeds start to form a ball (about 5 minutes). Spoon the chia seed mixture onto a lined baking sheet. Cover with another sheet of parchment paper and roll the mixture flat using a rolling pin or glass. When the mixture is evenly distributed, remove and discard the top parchment paper. Score the dough into sixteen crackers. Bake for 45 minutes to 1 hour, or until the crackers pull away from the parchment paper and separate easily.

Kale Chips

- Serves 4
-

1 bundle of kale (rinsed, stalks removed)
Olive oil spray
Desired seasonings, to taste



Preheat the oven to 350°F. Cut or tear kale leaves to bite-size pieces. In a medium bowl, spritz kale with olive oil spray and sprinkle desired seasonings; toss to coat. Line a baking sheet with parchment paper and spread the kale leaves in a single layer. Bake until the edges are brown, but not burnt; about 10 minutes.

For more recipes visit: www.smoothieshakedown.com/recipes

7. Rounding Out the Plan

Eating Out Smart

Eating out is always a challenge when you're trying to stay on a diet. You have to make rapid decisions while looking at the menu, and then make visual estimates when your food arrives at the table.

Tips to stay in control of what you eat:

- Remember that typical servings at American restaurants are much too large. When your plate comes, make a visual estimate of how much you're going to eat and stick to it. Ask for a to-go box with your meal and put the "pre-leftovers" in it before you start eating.
- Your portion of lean meat, poultry or fish should not be bigger than the palm of your hand.

.....
Your portion of cooked vegetables should be about the size of a full coffee mug.
.....



- Make your salad large.
- If your entrée comes with starchy vegetables (such as potatoes) or processed carbs (such as rice or pasta), ask for extra veggies or a side salad instead.



.....
Order all sauces, oils and dressings on the side. Ask for fresh lemons to spritz on your salad.
.....

Shakedown Exercise – Move It to Lose It!



The basic Shakedown rule is to be physically active for a minimum of 30 minutes and a maximum of 60 minutes per day.

- **Brisk Walking** – Maintain a steady, but comfortable pace. Walking not only benefits your health, but can also be a time to relax and clear your thoughts.
- **Rebounding (jumping on a mini-trampoline)** – Work with and against the force of gravity to stimulate lymph flow and impact every cell in your body—squeezing out toxins and wastes. It’s a very

effective cardio workout to strengthen your bones and help your balance.

- **Biking** – Use a stationary or mobile bike and ride at your own pace. It’s perfect to provide variety to your exercise regimen.
- **Stretching** – Don’t overlook the benefits. Stretching releases toxins and is an important part of a healthy lifestyle.
- **Staying Active** – Just think of how many opportunities you have. From parking farther back at the mall, to cleaning your home with vigor, there are lots of ways to get moving.
- **Basic Yoga** – Take a class or practice in the comfort of your home. You’ll be flexible and fit with this great, low-impact exercise.



CAUTION!

Don't Overdo It!

As you know by now, consistent, moderate exercise heightens endurance, increases muscle tone and flexibility and encourages disease resistance. However, increasing evidence suggests that strenuous exercise can endanger your health.

This is especially true for women. Getting more than two hours of strenuous, non-stop activity on a daily basis can halt estrogen production (like menopause) and result in a loss of calcium, particularly in thin or slight-framed women.



Please avoid strenuous exercise during the Shakedown because your body is undergoing intensive cleansing as you

rapidly shed those extra pounds. High intensity exercise uses up critical antioxidants, and it's imperative to conserve them because they are the body's best allies for helping to cleanse your liver—a focus of the program. Since caloric intake is restricted on the Shakedown, you simply won't have the energy you need to tackle harder workouts anyway. Instead, focus on low to moderate activity that will conserve antioxidants while not "using them up."

8. What's Next?

How long to Shakedown?

The Smoothie Shakedown can be followed for a total of up to four weeks at a time, with a recommended one-week break after the first two weeks. During the one-week break, follow a modified Shakedown protocol—have one smoothie and two meals daily.

General Recommendations

Less than 50 pounds to lose: Complete a 2-week Shakedown

50 pounds or more to lose: Complete up to a 4-week Shakedown

Choose a Follow-Up Plan

After completing the Smoothie Shakedown (either a two-week or a four-week regimen), continue on your weight loss journey by transitioning to one of the following plans or a diet of your choice:

Option 1. Smoothie Shakedown Succession Plan

Start the day with cleansing Fat Flush Hot Lemon Water (hot water with juice of ½ lemon).



Continue to have one smoothie daily.



Increase daily meals with protein to two.



Continue to enjoy approved snacks.

Succession Carbs: Start with just one per day the first week, then increase to two per day the following week if there is no bloating, indigestion or weight gain.

(...continued)

(...continued)

Choose from: ½ cup butternut or acorn squash, ½ cup cooked carrots, ½ cup green peas, ½ cup cooked gluten-free oats, 1 small sweet potato/yam, ½ cup pumpkin (fresh or unsweetened canned), ½ cup quinoa or 1 6-inch Ezekiel 4:9 tortilla

Option 2. Classic Fat Flush Plan

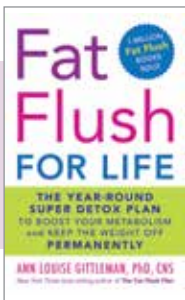
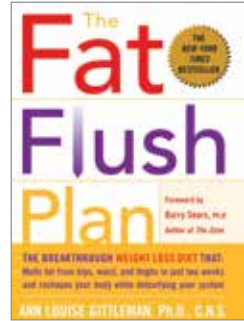
If you have **50 lbs or more to lose**, proceed to Phase 1 for two weeks if only a two-week course of the Smoothie Shakedown has been completed.

NOTE: Smoothie Shakedown and Classic Fat Flush Phase 1 both detox and cleanse the body. More than four weeks of total detox time is not recommended as feelings of deprivation can set in, energy levels can dip and weight loss can stall.

If you have **less than 50 lbs to lose**, or have completed a four-week course of the Smoothie Shakedown, proceed to Phase 2.

Option 3. Maintenance Plan

If you've reached your desired goal weight, transition to a lifestyle of weight loss maintenance by moving on to Classic Fat Flush Phase 3.



For Healthy Lifestyle Eating -

A great follow-up to Classic Fat Flush—*Fat Flush for Life* takes a more relaxed, seasonal approach to maximize metabolism year-round.

FOR MORE DETAILS VISIT fatflush.com



9 FAQs

Q: What exactly is the Smoothie Shakedown and how does it relate to the Fat Flush Program?

A: The Smoothie Shakedown is designed as a simple two-week turbo-charged program to enhance metabolism and jumpstart your weight loss journey. It is a stand-alone program that can be used in place of Phase 1 or between other Fat Flush phases.

Q: How much can I expect to lose on the Shakedown? How long will it take?

A: Weight loss is a very individualized process and can depend on many factors including existing health concerns, how much weight you have to lose overall, the size of your frame, etc. If followed properly, you can lose up to 20 pounds in two weeks, but there are many successful Shakedowners who lose from 5 to 15 pounds during the first two weeks. We never recommend doing the Shakedown for more than four weeks—for more information on how long to Shakedown, see pg. 40.

Q: Can I do the program without the supplements?

A: The Fat Flush Kit supplements are highly recommended for ideal results. Three time-tested formulas—Weight Loss Formula, Dieters' Multivitamin & Mineral and GLA-90—support optimal nutrient intake during rapid weight loss and ongoing weight control.*

Q: I'm a vegetarian, how can I adapt this program to fit my lifestyle?

A: Fat Flush Body Protein is an excellent vegan protein source. However, in addition to the two smoothies daily, additional modifications may be necessary for the daily meal. In order to receive sufficient protein and feel sustained, you would need to add additional sources of clean, vegetarian protein. Tofu may be consumed twice per week. Avoid soy protein and processed meat substitutes. Note: Adding “off-plan” foods may affect weight loss results and overall effectiveness of the plan.

*These statements have not been evaluated by the FDA.
These products are not intended to diagnose, treat, cure, or prevent any disease.

Q: I started the Shakedown a few days ago, and feel a little “off,” what’s going on?

A: Some people do experience detox symptoms after cutting out caffeine, white flour, sugar and alcohol from their diet. These symptoms should subside after a few days, if not, consider consulting a health care professional.

Q: Can I have my meal anytime during the day, or only at dinner?

A: Get creative and plan your daily menu to fit your schedule. Enjoy two smoothies and one meal a day in any order you like.

Q: Do I have to follow the exact dinner menu or can I create my own recipes?

A: The dinner menu featured in the protocol is just an example. As long as you stick to the approved foods and spices, you can be as inventive as you like! For example, enjoy a grilled chicken salad or Fat Flush-style “spaghetti” with lean beef, fresh tomatoes, veggies and spaghetti squash! Start with our recipes on pg. 21.

Q: What if I get hungry between meals or after dinner?

A: Have an approved snack (see pg. 16 for options and ideas) any time you're hungry! It's important to make sure that you are eating every three to four hours. Avoid eating two hours before bedtime.

Q: Do I need to drink half my body weight in ounces of water per day no matter how much I weigh?

A: Assuming that you have no kidney problems, it is safe to consume half your body weight in ounces of water. If you do have health issues, please consult a health care professional.

Q: Is the Fat Flush hot lemon water approved for the Shakedown?

A: Feel free to enjoy this simple liver-loving beverage during the Shakedown (hot water with juice of ½ lemon).

Q: Can I use another kind of salad dressing instead of the flax oil and lemon?

A: Yes! There are plenty of salad dressing recipes that are Shakedown-friendly. You'll find a variety of different options in the recipe section on smoothieshakedown.com. Or, look for adaptable recipes in other Fat Flush books—*The Fat Flush Plan*, *Fat Flush for Life* and *The Fat Flush Cookbook*.

Q: Do I use either the flaxseed oil or the flax seeds, or am I supposed to use them both?

A: The flaxseed oil (or fish oil) is essential—both for long-lasting satiety and for the vital health and wellness benefits of the omega-3 fatty acids it provides! Ground flax seeds or chia seeds offer an important fiber component, especially if you aren't eliminating daily during the program.

Q: Where can I find the unsweetened cranberry juice for cran-water?

A: Look in the health food section of your supermarket for 100% unsweetened cranberry juice with no other added fruit juices. See the Shopping List (pg. 46) for common brands. Or, you can make your own: boil 12 ounces fresh cranberries in 4 cups water until berries pop, then strain the juice.

Q: Can I use Fat Flush Whey Protein in place of or along with the Fat Flush Body Protein?

A: The Shakedown was designed to be used with Body Protein because studies show plant protein can help reset metabolism and intensify weight loss results. Fat Flush Whey Protein can be used as an alternative for those who prefer it, however, please be aware that Whey Protein may not provide the same long-lasting satiety as Body Protein. Some people have reported success using ½ scoop Whey Protein and ½ scoop Body Protein. Whey Protein is also a great option for those with a sensitivity to rice.

Q: Why don't I see the Shakedown or the Fat Flush Body Protein mentioned anywhere in the original edition of 'The Fat Flush Plan?'

A: *The Fat Flush Plan* book was originally published before the Body Protein was created. Fat Flush Body Protein was developed based on later research that was not available at the time of publication.

10. Shakedown Support



Our Community Awaits You *community.fatflush.com*

Join fellow Fat Flush enthusiasts—past and present—and enjoy 24/7 weight loss support from people just like you!



Personalized Support

Our knowledgeable Wellness Consultants are just an email or phone call away.

To speak to one of our dedicated staff, email customerservice@unikeyhealth.com or call **(800) 888-4353** | M-F 7am-5pm, Pacific.

Visit Us Online: *smoothieshakedown.com*

You'll find recipes, meal ideas, tips & tricks, blogs, success stories and much more. Plus, use our Live Chat feature to get questions answered quickly!



Follow us on Facebook: *facebook.com/smoothieshakedown*

Our social media team is here to keep you on-track and motivated all day, every day!



11. Shakedown Shopping List

UNI KEY PRODUCTS

Fat Flush Body Protein,
Fat Flush Kit, Daily Greens
Formula, flaxseed oil or fish oil,
ground flax seeds or chia seeds

PROTEIN

Eggs, fish, lean beef, lamb,
poultry, seafood or tofu

VEGETABLES/SALAD

Arugula, asparagus, bamboo
shoots, bell peppers, broccoli,
Brussels sprouts, cabbage,
carrots, cauliflower, celery,
chives, collard greens,
cucumbers, daikon, eggplant,
endive, escarole, fennel, garlic,
green beans, Jerusalem
artichoke, jícama, kale, leeks,
lettuces, mushrooms, mustard
greens, okra, olives (black),
onions, parsley, radicchio,
radishes, rhubarb, spaghetti
squash, spinach, sprouts,
Swiss chard, tomatoes, water
chestnuts, watercress, yellow
squash or zucchini

FRUIT

Apples, blackberries,
blueberries, cherries,
grapefruit, nectarines, oranges,
peaches, pears, plums,
raspberries or strawberries

SPICES/CONDIMENTS

Basil, bay leaf, cayenne,
cilantro, cinnamon, cloves,
coriander, cumin, dill, garlic,
ginger, mint, mustard, onion
powder, oregano, parsley,
turmeric, lemon, lime or raw
(unpasteurized) apple cider
vinegar

JUICE

100% unsweetened cranberry
juice (Look for brands like
Knudsen, Lakewood, Mountain
Sun, Simple Truth or Trader
Joe's)





12. My Shakedown Story

Be sure to weigh and measure (pg. 63)



Date: _____

▶ "You must do the thing you think you cannot do."
-Eleanor Roosevelt

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► "You must begin to think of yourself as becoming the person you want to be." -David Viscott

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► *“Each step upward makes me feel stronger and fit for the next.”* -Mohandas Gandhi

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

▶ "Never, never, never quit." -Winston Churchill

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

▶ "Victory belongs to the most persevering." -Napoleon

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► "There are far, far better things ahead than anything we leave behind." -C.S. Lewis

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► *"To love oneself is the beginning of a life-long romance."*
-Oscar Wilde

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Summary – My thoughts about the past week

Over the past week, here's what I've noticed about...

The fit of my clothes: _____

My sleep patterns: _____

My energy level: _____

My skin: _____

Pounds and inches lost: _____

This was my...

Biggest temptation: _____

Best compliment: _____

Proudest moment: _____

Moving forward...

Challenges and goals for the upcoming week: _____

Reward for a week of progress: _____



Date: _____

► "Every time you are tempted to react in the same old way, ask if you want to be a prisoner of the past or a pioneer of the future." -Deepak Chopra

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► "Every positive thought propels you in the right direction."
-Unknown

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

▶ "Your stomach shouldn't be a waist basket."
-Unknown

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► "If hunger is not the problem, then eating is not the solution."
-Unknown

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► "It's not whether you get knocked down; it's whether you get up. Motivation is what gets you started. Habit is what keeps you going." -Vince Lombardi

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► "You are what you eat...Don't be fast, cheap, easy or fake."
-Unknown

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Date: _____

► *“Do what you can, with what you have, where you are.”*
-Theodore Roosevelt

What I had for...

Breakfast:

Lunch:

Dinner:

Snack(s):

_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

How I did...

Supplements: _____

Exercise: _____

Hours and quality of sleep: _____

Health and wellness notes: _____

Reflections: _____



Summary – My thoughts about the past week

Over the past week, here's what I've noticed about...

The fit of my clothes: _____

My sleep patterns: _____

My energy level: _____

My skin: _____

Pounds and inches lost: _____

This was my...

Biggest temptation: _____

Best compliment: _____

Proudest moment: _____

Moving forward...

Challenges and goals for the upcoming week: _____

Reward for two weeks of progress: _____

13. Measure Your Success

Weigh & Measure

Thoroughly measure the designated areas. Add "after" measurements together for total inches lost.

Before

Date: _____

Weight: _____

MEASUREMENTS

Chest/Bust: _____

Waist/Tummy: _____

Hips: _____

Arms: _____

Thighs: _____

After

Date: _____

Weight: _____

MEASUREMENTS

Chest/Bust: _____

Waist/Tummy: _____

Hips: _____

Arms: _____

Thighs: _____

Don't Forget to Take Your Photos!

Before and after pictures are the best way to track progress.

Follow these helpful tips for optimal photos:

- Have someone else take your photo
- Put your hands on your hips or at your side
- Stand by yourself in front of solid background

It **PAYS** to **LOSE**

Earn \$2 for Every Pound You Lose

Find out more at:

unikeyhealth.com/it-pays-to-lose



'After' Photo Example



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