

# Reversing Disease

Including  
over 20  
delicious  
recipes!

By: Dr. Thaddeus Gala, DC

**5** Simple Steps  
to feel great, lose weight &  
reduce your medications  
forever.



[www.DrThadGala.com](http://www.DrThadGala.com)



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## About The Author

Dr. Thaddeus Gala is the Founder and Medical Director of both My Diabetic Solution and Complete Care in Southern Oregon.

Ever since watching his mother's health transform from bed-ridden illness to the vibrant health coach she is today, he has been dedicated to pursuing and promoting health. Dr. Gala performs health lectures on nutrition, weight loss and diabetic and disease management within the clinic and at various locations across the country.

He has been the keynote speaker at schools and teaching facilities including audiences of over 1,000 attendees. He has been the head guest at private and public events including RCC Nursing School and The Association of Intensive Care Nursing. In addition, he was seen on NBC and selected as the lead nutrition speaker for District #3 EMT/Fire continuing education.



### He is a member of:



He has nationally published research on metabolic and endocrine disorders with Dr. David Seaman. In Florida, he received the prestigious clinical excellence award and was voted Southern Oregon's #1 DC in 2012.

He is on zero medications and is a marathon and ironman triathlete finisher.



Not only are inflammatory diseases wreaking havoc on our health, it is destroying the pocket books of Americans, insurance companies and the health care industry including federal and state insurance plans. According to the OECD, the US spends \$8,233 per person per year on health care and we are getting sicker as 50% of the population has a chronic health condition. Overall, this accounts for over 75% of total US health care costs and is expected to increase in the coming years.

Here's the thing ... **It's not your fault.**

As children in school we take classes in History, English and Math but rarely do the topics of good health and healthy eating habits come into play. For the most part, our eating habits and understanding about food comes from our parents. They didn't get the education either so their habits came from their parents and so on and so on. The choices we end up making for our bodies are based on old data.

Something else to think about ... Drug manufacturers like Pzer, Merck and GlaxoSmithKline are among the richest companies in the world. This excess capital allows them to buy some of the best marketers and lobbyists in the world. Through countless, repetitive marketing efforts these companies are able to convince people that you cannot reverse disease caused by inflammation and that you need to "patch" the symptoms with daily medication that falsely hides the problem by managing the symptoms, not fixing the true cause. Sadly, nothing could be further from the truth.

Unfortunately, when people say things loud enough and long enough, it starts to catch on as the truth.

## Remember these from a few years back?

Think you will ever see these advertisements again? Maybe not these specifically but we are seeing similar ads for medications and not just in magazines. Now we get them online, on the radio, on TV and even in the Dr. Office.

The reality is ... **for most sufferer's, medication isn't the answer.**



# Medication Isn't The Answer

Consider this. When you take your daily medication, you are NOT fixing your disease, you are simply treating a symptom for a limited period of time. When you wake up tomorrow, you'll have to treat the symptom again. Over and over, day in and day out, week in and week out, year in and year out.

Think about it like this.

Let's say, for example, that you live in a beautiful old Victorian home. The house has tons of charm but it also has wiring from the early 1900's. Every day, the porch light short circuits and burns out the bulb so you have to go to the local hardware store to buy a new bulb. Now, the guys down at the hardware shop are going to keep on selling you bulbs because selling you 365 bulbs per year will help pay for their kids' braces.

If we take a step back, however, and think about this for a bit .... Wouldn't a better solution be to just fix the wiring?

If we just buy the bulbs every day, we're **treating the symptom**. If we actually step back and fix the wiring, we're **reversing the disease**.

So the real question is ...

Are you going to buy a new light bulb every day for the rest of your life or are you ready to fix the wiring?

That's what I thought you'd say so lets fix that "wiring".

The first step in fixing anything is knowing the source of the problem.



*"There is more money in the treatment than in the cure."*

# The REAL Problem Is Inflammation

There are basically two types of inflammation, clinical and sub-clinical.

## Clinical inflammation

You sprain your ankle and it swells up and is very obvious, hot, painful, red and swollen.

## Sub-clinical inflammation

This is less obvious and typically we cannot feel it. It is something we ALL have in varying degrees.

I encourage people to think of it as a smoldering low grade internal irritant that turns on the disease process including genes that can cause chronic health issues associated with “aging”. This low-grade, sub-clinical inflammation is what leads to arthritis, heart disease, cancer, diabetes and weight gain.

## So, why are we only hearing this now and why not from our doctors?

Well, medical doctors are trained in drugs and surgical options while chiropractors are trained in natural solutions. Out of a typical 5,000-hour mainstream medical curriculum, only about 1-40 hours are devoted to nutrition. While both chiropractors and medical doctors are trained and licensed to treat chronic disease, the tool kit and preferred treatments of choice for each profession is very different.

## Bottom line

*If you want drugs and surgery, seek advice from physicians that use those methods. Conversely, if you want to get off drugs and avoid surgery, seek advice from physicians that are trained to use natural methods.*

## Physiological Facts and Genetic Discordance

When it comes to treating inflammation naturally there is a term called physiological facts and genetic discordance.

### What?

In simple terms it means, that when we consume foods on a regular basis that are not designed for our bodies our inflammation levels rise and we get sick and/or develop chronic disease such as diabetes, Alzheimer's, heart disease, migraines, chronic fatigue, etc.

### Would you feed your horse a steak?

Of course not, however, many of us consume foods every single day that are well known allergens causing our levels of inflammation to increase.



# The SAD Diet

SAD stands for Standard American Diet and it is SAD indeed. Over 70% of the calories in the typical SAD diet come from foods that promote sickness and inflammation.

## Standard American Diet

	Daily Calorie Intake
Cereal Grains	23.9%
Refined Sugars	18.6%
Vegetable Oils	17.6%
Dairy	10.6%
Alcohol	1.4%
Total	72.1%

### Breakfast



### Snacks



### Lunch



### Snacks



### Dinner



# Foods that Cause Inflammation

As you can see, the biggest offenders include grains, refined sugars, vegetable oils and dairy. If you see some items here that you absolutely cannot live without, don't despair. Lets talk about them and show you some cleaner, healthier alternatives that will get you on your way to better health.

## Grains

Most people have heard the buzz word "Gluten Free" being the current trend and marketed for health claims. Sadly, gluten is only the tip of the iceberg regarding health concerns with grains. Gluten is a nasty protein in **wheat** that causes gut and often full body low-grade inflammation. Being just "Gluten Free", however, isn't good enough. Researchers are well aware of the other contributing negative inflammatory effects of grains including but not limited to:



<b>Gluten, Lectins and Gliadins</b> Promote inflammation, leaky gut, chronic fatigue, headaches, arthritis, chronic disease, etc	<b>Poor Source of Micronutrients</b> Ever see the word fortified or enriched on the label? That means they added a multi-vitamin to the dough so they can say it's healthy!
<b>Increasing Tissue Acidy</b> Promotes inflammation	<b>Contains Pro-inflammatory Omega-6</b> Causes inflammation and promotes pain. Omega-6 is the opposite of Omega-3 including having the opposite health effects.
<b>Poor Source of Fiber</b> Inhibits proper bowel function and health	<b>Indigestible in the Raw Form</b> Ever see corn the next morning?
<b>High Glycemic Load/Index</b> Causes additional strain on the pancreas.	<b>Contain Phytic Acid</b> Which inhibits your body's ability to properly absorb minerals including calcium, iron, etc.



## 🚫 Foods to Avoid

This category includes foods that originate as a seed such as: Wheat (all types), Barely, Buckwheat, Quinoa, Oats, Corn, Millet, Sorghum, Rye, Rice (all types), Spelt, Flax, Chia, etc.

### **Sugars (yes that means fruit too)**

A leading trend in research suggests: Sugar = Cancer.

When people get cancer, one of the first things oncologists say is just that.

We know that sugar puts a large strain on the pancreas and leads to inflammation and many other health consequences for people with chronic disease.



## 🚫 Foods to Avoid

The negative health effects of processed sugar are well understood, but one thing most people do not realize is how damaging fructose (fruit sugars) can be. Even if you consume no processed sugar or soda, you can very easily be consuming 25+ grams of fructose daily if you aren't paying attention.

Some of the highest foods of fructose include:

Raisins, Pears, Watermelon, Persimmons, Apples, Dates, Bananas, Oranges, Peaches and Nectarines. In addition, avoid, anything with added or artificial sweeteners.

Recently, Splenda and other artificial sweeteners have been shown to contribute to chronic disease.



## Vegetable Oils

Many people think vegetable oils are healthy; sadly, this is far from the case.

Most people have heard of omega-3 fatty acids. The omega-3 fatty acids reduce inflammation and are derived from green vegetables, wild game and grass-finished meats. Omega-3's are good.

Omega-6 fatty acids, on the other hand, turn inflammation on and are found in seeds, seed oils and grain/corn fed meats in **extremely high concentrations**. In essence, these oils promote inflammation and do the opposite of healthy anti-inflammatory omega-3 fatty acids.



## 🚫 Foods to Avoid

Common inflammatory omega-6 oils include, but are not limited to: Corn, Soy, Safflower, Sunflower, Sesame and Peanut.

### Dairy

We've all heard, "Milk, it does a body good!"  
Right?

### Wrong!

Many folks think that dairy is healthy and that we need it to get calcium and vitamin D for bone health.

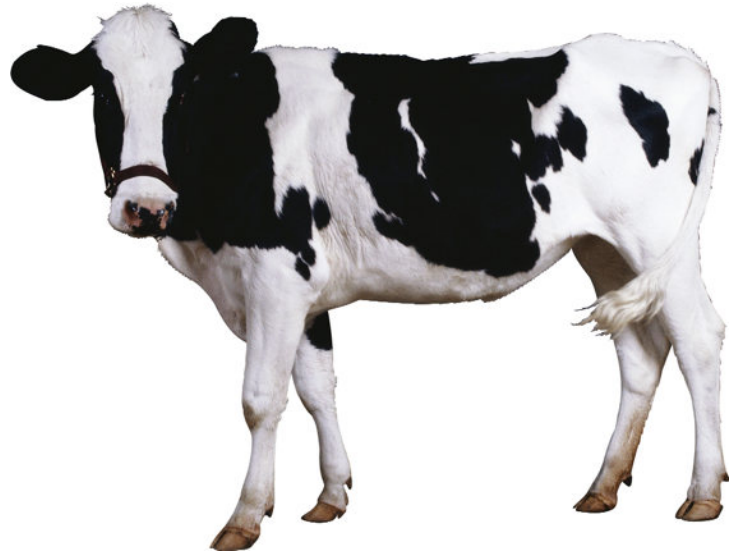
### How much dairy does an elephant consume on a daily basis?

Have you ever heard of osteoporosis in elephants?  
Of course not.

This just goes to show you how we've all been misled (through great marketing and lobbying) to thinking dairy is healthy.

Bone health is much more involved than calcium consumption. Good bone health requires many minerals, vitamins and other nutrients as well as a proper acid/base balance in our diet. Thinking calcium is the only nutrient needed for bone health is like saying a 2x4 is the only thing needed to build a house.

Further, the vitamin D found in milk is added, which is why you see the term "Fortified With Vitamin D." Lastly, the sugar lactose and other hormones in dairy products, is problematic in promoting disease and is why most people have heard of the term "Lactose Intolerance."



## 🚫 Foods to Avoid

Cheese, milk, butter, ice cream, etc.

### Time For A Recap

I know that we just covered quite a bit of material so before we move on, lets take a few seconds and summarize what we've just learned.

1. Chronic disease is nasty and can cause, among other things, amputations, blindness, kidney failure and death.
2. Medications aren't the solution, they actually make things worse.
3. The real problem is inflammation.
4. We talked about the SAD diet (Standard American Diet)
5. The truth about inflammation in grains, sugars, vegetable oils and dairy

It may not seem like time to celebrate yet, but by making it this far you now know more about how inflammation is at the root of many chronic diseases that most other Americans (including a fair share of medical doctors).

Above all else .... We are looking to reverse the disease, not treat the symptom.

No more light bulbs for us! Lets get this rewired!

### But Dr. Gala ... This sounds like a lot of work. It sounds hard.

I'm not sure if this is hard or not, honestly a lot of it is going to depend on the relationship that you've created with food over the past 10, 20 or 30+ years but that isn't where we should be focusing.

Deep down you know that anything worth doing is worth doing right. It's taken some of you decades to get sick so this isn't going to happen overnight but I will guarantee you one thing ...

If you follow the steps that we outline in the next few pages, **your life will change.**

Some of the changes that have been experienced by the thousands of clients that we've coached include:

Enhanced self image	Improved vision *
Thinking clearly again	Improved kidney function *
Improved quality of life	Energy levels of 5-15 years ago
5-150lb weight reduction*	Healing of foot ulcers and infections*
Increased sex drive	Reduced headaches, migraines neck pain





Reduction in arthritis and chronic pain*	Reduced sleep apnea and CPAP reliance*
Less tingling, burning or numbness in the hands, feet and toes*	Reduction of some or all blood pressures, cholesterol and other medications
Reduced psoriasis, acne, ulcers, rashes	Reduced heart disease and diabetes*
Saved money from reduced reliance on Dr. visits co-pays, medication co-pays, fuel and transportation costs, missed time sick from work, etc.	Reduced fibromyalgia & chronic fatigue

\* as evidenced on lab and clinical tests

The best part is that many of these improvements were seen in as little as 30 days.

## That's right ... 30 DAYS!

But don't take our word for it. Take a look at what some of our current clients are telling us.

"Have lost 40lbs in 4 months from 230lb to 190lb."

**Larry D. Eugene, OR**

"Keep doing what you are doing as the changes are phenomenal!" Primary Care Physician statement regarding health and lab changes."

**Susan D. Medford, OR**

"Have lost 16lbs in 1 month. Off all Metformin and Statin cholesterol medications! No more mental fog and energy levels have increased dramatically!"

**Douglas D. Eugene, OR**

"This has been the best thing we have done for ourselves in the 22 years we have been married. I am so encourages and feel like we are getting our lives back."

**Diana E. Salem, OR**

# Your 5 Steps to Freedom!

What is truly amazing about this program is that it is so simple. To start your body on the healing process – there are only 5 things that you need to do.

1

## **Reduce the intake of inflammatory foods.**

That makes sense doesn't it? If our main problem is one of inflammation, let's stop adding fuel to the fire. Reduce or completely eliminate the addition of inflammatory foods in your diet – this includes, grains, sugars, vegetable oils and dairy. I hear a lot of people say "everything is okay in moderation". However, this unintentionally sabotages healthy efforts. For instance, you would need to eat 150 garden salads to counteract the inflammatory chemicals in two tablespoons of soybean oil based salad dressing! That is why, sadly, Americans' blood is inflamed at a ratio of 20:1 or higher. Meaning the average American contains 20x's the pro-inflammatory chemicals that cause disease than the anti-inflammatory chemicals that turn off disease. Think, every time you eat grains, sugar, vegetable oils and dairy, you are eating disease, pain and chronic illness.

2

## **Increase your intake of anti-inflammatory foods.**

In step #1 we are reducing the amount of inflammatory foods that we are introducing into our body which, in essence, slows down the progress of the disease. In this step, we are going to increase our intake of anti-inflammatory foods which will actually begin to stop the worsening and actually begin to reverse some of the previous damage. Samples of anti-inflammatory foods include:

- fatty fish like salmon, mackerel, tuna and sardines (high in omega-3s)
- dark, leafy greens like spinach, kale and broccoli
- nuts (use sparingly if weight is a concern. Focus particularly on walnuts.)
- vegetables like zucchini, asparagus, cabbage, peppers

A list of sample anti-inflammatory foods are included in the resource section.

3

## **Drink LOTS of water**

A general rule is to drink half your body weight in oz a day. So if you weigh 200lbs, you need to drink 100oz of water which is the equivalent 1.5 gallons daily. I encourage people to fill up a jug or bottles with the total they need to drink each day and place on either their kitchen counter or work station. This allows for a visual indicator for keeping you on track. Water is important for helping your cells and body flush out inflammatory chemicals and replace it with the anti-inflammatory chemicals you are now incorporating.

Here is a basic formula.

Divide your weight by 2. Then divide by 64 to figure out how many gallons you need. Or, divide by 8 to see how many 8oz glasses of water to drink each day.

4

Try not to drink water at least an hour before bed to help minimize nature calls while you sleep.

### **Get a little exercise**

Start with small wins. If you sit all day and it is difficult to walk, start by getting in and out of your chair 10x's sitting to standing every 4 hours. If you are able to walk, try walking at least 10min every day. If you can walk- work up to 10-20min of vigorous walking 3-5x's week. If you are able to jog, try to jog for 15min 3-5x a week with intermittent fast 15sec runs every 5min. Regarding exercise, this will help fast track disease reversal and healing. Exercise forces inflammatory disease chemicals out of your body more quickly than sitting on the couch all day. Of the three components we track with exercise: intensity, frequency and duration, intensity is the most important. This means it is better to do more intense short workouts totaling 15-20min 3x's a week vs. hour long workouts.

5

### **Add some supplements to your diet**

Key supplements for reversing inflammation and disease include: Fish oil (Omega-3, avoid flax and chia seeds), Vit-D, Magnesium, Multi-Vitamin, Probiotic and a good Anti-oxidant. As everyone's body is different, including weight, gender, age, etc, it is difficult to share the generic doses. These are the key elements and fine tuning the proper doses will help fast track reversing arthritis, neuropathy, retinopathy, nephropathy, heart disease, inflammation and of course, chronic disease.

Here is what some of our clients had to say ...

"Have tried other meals plans and programs and this one revolutionized everything! So easy to follow and see results!"

**Carol H. Central Point, OR**

"hs-CRP inflammation level has dropped from 7.64 to 1.59. Foot pain and vision have improved nearly 100%! A1C dropped from 6.9 on insulin and oral diabetic medications to 5.7 without any medications!"

**Ollie M. Eugene, OR**

"Off all diabetic medications and Metformin and blood sugars are under 120!"

**Ross P. Springfield, OR**

"Lost 14lbs in 14 days. 18 month long chronic foot infection completely resolved in 2 weeks!"

**Philip Z. Eugene, OR**



## Bonus – The Keys To Success

Congratulations, you have just taken the first step in joining a premier group of people committed to improving health and reversing and preventing chronic disease. **Remember**, health delayed is health denied.

So, don't delay. Start making changes today for a healthier tomorrow. The sooner you incorporate the tips and action steps you just learned, the sooner you will see the power of regaining your health!

**Everything you do is either getting you healthier or sicker.**

With that in mind, celebrate and feel good about the things you are doing right as opposed to feeling bad about the things you do wrong. Every bit counts, so keep up the good work and watch your health soar!

***Interested in reversing and preventing chronic disease in 1-8 months?***

If you would like to learn more about how a personalized coaching program can help fast track your health or to learn about your inflammation score and what you can do to reverse health issues, contact us at [www.DrThadGala.com](http://www.DrThadGala.com)

Make the rest of your life the best of your life!

In Health,

A handwritten signature in black ink, appearing to read 'Thaddeus Gala, DC'. The signature is fluid and cursive, with the last name 'Gala' being particularly prominent.

Thaddeus Gala, DC

# Anti Inflammatory Foods

These foods are anti-inflammatory and are always appropriate

## Proteins

Beef (no hamburger)	Elk	Sole
Chicken Breast	Goose	Tuna
Cod	Grass-fed Beek	Turkey Breast
Crab	Grass-fed Bison	Veal
Crawfish	Halibut	Venison
Duck	Pork Tenderloin	Wild Salmon
Eggs (6/week)	Snapper	Wild Shrimp
Omega-3		

## Vegetables

Alfalfa Sprouts	Celery	Mushrooms
Arugula	Chard	Nopales
Asparagus	Chilies	Okra
Basil	Cilantro	Parsley
Bitter Melon	Collards	Radicchio
Black Olives	Cucumbers	Radishes
Bok Choy	Daikon Radish	Red Leaf
Broccoli	Eggplant	Red Peppers
Butter Head	Endive	Rinse Black Olives
Cabbage, Green	Fennel	Romaine
Cabbage, Red	Fresh Herbs	Rosemary
Cauliflower	Garlic	Salsa
Celery	Ginger Root	Spinach
Green Onions	Lettuce	Turnip
Green Peppers	Mizuna	Turnip Greens
Jicama	Molokhiya	Watercress
Kale	Taro Leaf	Zucchini

Leeks	Tomatillo	
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## Fruit

Lemon	Lime	Rhubarb
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## Other

Herbs / Spices	No-Salt Seasoning	
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## Beverages

Caffeine Free Tea	Stevia Limeade	Water w/ Lemon
Stevia Lemonade	Water	Water / Lime

## Oil

Coconut Oil	Olive Oil	
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# Sample Recipes

Here are a few of our favorite recipes to get you started.

## - Breakfast, Eggs & Omelets -

### Pancakes

#### Ingredients

- 2 Eggs
- 2 Tbsp Coconut Flour
- 5 Drops Stevia
- 2 Tbsp Coconut Milk
- 2 Tbsp Coconut Oil, melted
- 1/8 Tsp Baking Powder

#### Directions

1. Blend together liquid ingredients.
2. Combine coconut flour and baking powder and mix thoroughly into batter.
3. Heat 1 TBL of coconut oil in skillet. Spoon batter onto hot skillet, making pancakes about 3 inches in diameter. Pancakes will flatten out as they cook. Flip once when underside is well browned. Makes about 8 pancakes.

Optional: For a special treat carefully fold in ½ cup of frozen blueberries just before cooking.

### Breakfast Sausages

#### Ingredients

- 2 lb Ground Turkey
- 1/2 Tsp Thyme
- 1 Egg, beaten
- 1/4 Tsp Cayenne Pepper
- 4 Tsp Rubbed Sage
- 1/2 Tsp Garlic Powder
- 1 Tbsp Dijon mustard
- 1 Tsp each of: Nutmeg, Allspice and Ground Cloves
- 1 1/2 Tsp TBSP Herb Mix \*
- 1/4 Tsp Black Pepper
- 1 Tbs Frank's Hot Sauce, original
- 1/2 tsp Fennel Seed
- 2 Tbsp Coconut Oil

A fun option to spice up your sausage: increase the Cayenne Pepper to ½ tsp for med or 1 tsp for hot.

#### Directions

1. Mix all ingredients together.
2. Form into patties about 2-3" diameter X 1/2" thick.
3. Heat 1 TBL of coconut oil in skillet to medium high heat.
4. Fry patties until desired doneness, about 4-5 minutes per side.
5. Make extras for a quick "grab and go" breakfast or snack.

This recipe makes about 16 patties; freezes well.

*\* Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.*

## - Beverages -

### Almond Shake

#### Ingredients

- Original Unsweetened Almond Milk (8 oz)
- 1 Tsp Dark Cocoa Powder
- 6-8 Drops Stevia or to taste
- 1/2 Cup Crushed Ice

#### Directions

1. Add all ingredients to blender, blend until smooth.

### Lemonade

#### Ingredients

- Cold Water (8 oz)
- 1 Tbsp Fresh Squeezed Lemon Juice
- 5 Drops Stevia (or to taste)

#### Directions

1. Mix all ingredients together, chill and enjoy!

## - Desserts -

### Chocolate Covered Nuts

#### Ingredients

- 8 oz Unsweetened Bakers Chocolate
- 5 Tsp Powdered Stevia (or to taste)
- 4 Cups walnuts, Macadamia Nuts, or Pecans (or mix)

#### Directions

1. Melt all chocolate in a double boiler or pan, stirring occasionally.
2. Stir in Stevia.
3. Add in a handful of nuts at a time, stirring and coating with the chocolate mixture. Keep adding until chocolate is used up.
4. Drop by spoonful onto a wax paper covered cookie sheet. Freeze for 15 minutes.
5. Transfer to sealable container or bag and store in refrigerator or freezer.

*\* These can be messy but a great treat for those sweet-tooth cravings.*

## Strawberry Shortcake

### Ingredients

- 3 Tbsp coconut oil (melted)
- 3 Eggs
- 1 Tbsp honey
- 20 Drops Stevia
- 1/4 Tsp vanilla
- 1/4 Cups coconut flour
- 1/4 Tsp baking powder

### Directions

1. Blend oil, eggs, honey, stevia and vanilla. Combine coconut flour and baking powder and whisk into batter until smooth.
2. Pour batter into greased muffin cups. Bake at 400 degrees for 15 minutes.
3. Slice in half (top and bottom), serve with 2 sliced strawberries and a sprinkle of cinnamon in between layers.

*\* For a fun addition try with a dollop of the coconut whipped cream!*

## - Dips -

### Guacamole

### Ingredients

- 3 Medium Avocados
- 1 Firm Tomato, finely diced
- 1/2 White Onion, finely diced
- 1/2 Cup Cilantro, chopped
- 2 Tbsp Fresh Lemon or Lime Juice
- Herb Mix and Pepper, to taste

### Directions

1. Cut open the avocados and scoop out the flesh. An easy way is to cut it length-wise around the pit and then, using a chef's knife, striking the pit and twist the knife so you can easily remove the pit and scoop out the flesh.
2. Mash the flesh with a fork.
3. Stir in the other ingredients and combine.
4. Enjoy right away or store in the refrigerator. Place a plastic wrap that touches the guacamole so it doesn't brown because of contact with air.

## Shrimp Dip

### Ingredients

- 1 lb Shrimp, cooked and chopped
- 1/2 Cup Celery, minced
- 1/2 Cup Minced Green Pepper
- 1/2 Cup Sun-dried Tomatoes, minced
- 1 Tsp Grated Lemon Zest
- 2 Tsp Lemon Juice
- 2 Tbsp Herb Mix\*
- 1 Tsp Black Pepper
- 1 Handful Cilantro, chopped
- 1 Jalapeño, seeded, minced
- Cup Homemade Mayonnaise (see below)
- 1/2 Cup Green Onion (both white and green parts), minced

### Directions

1. Mix all ingredients. Prepare at least 4 hours prior to serving to enhance flavors. Serve with veggies such as sliced cucumbers, colored peppers and celery.

\* *Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.*

*Homemade mayonnaise : Put into blender, 1 room temperature egg, ¼ tsp mustard powder and 1 TBSP lemon juice. Blend 30 seconds. Then slowly, with blender running, pour in \*1 cup of room temperature olive oil. A funnel placed in the small blender opening works well here for pouring in the oil without making a mess.*

## Seafood

### Crab Stuffed Salmon

### Ingredients

- 4 Salmon fillets
- 3 Cloves Garlic, minced
- 3 Tbsp Parsley, minced
- Juice of half a Lemon
- Coconut Oil
- Herb Mix\* & Pepper, to taste
- 2 Cups Canned / Fresh Crab Meat (no imitation meat)

### Directions

1. Preheat oven to 400 F.
2. In a bowl, mix the crab meat with the minced garlic, parsley, lemon juice and some herb mix and pepper to taste.
3. Rub some melted coconut oil all over the salmon filets and score the filets in the middle to create a crack where the crab meat will go.
4. Stuff each salmon fillet in this middle space you created. A lot of the crab meat will end up sticking out of the salmon.
5. Place the fillets on a baking sheet over a sheet of foil and bake in the preheated oven for about 18 minutes or until just cooked.

\* *Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.*



## Almond and Coconut Fried Shrimp

### Ingredients

- 1 Cup Coconut Flour
- 4 Eggs
- 6 Cups Coconut Oil
- 12 Raw Jumbo Shrimp, peeled, deveined
- 1 1/2 Cups Slivered Almonds
- Herb Mix (see below), to taste
- 2 Cups Coconut Milk

### Directions

1. Combine the coconut flour with a pinch of herb mix in a bowl and the eggs with the coconut milk in another bowl. Also place the slivered almonds in a separate bowl.
2. Dip each shrimp in the liquid mixture, then into the coconut flour mixture and finally in the slivered almonds, pressing well to make the almonds stick.
3. Place the coated shrimp on a sheet of wax paper, on a plate and place in the freezer to set for about 1 1/2 hours.
4. When ready to fry the shrimp, heat the coconut oil in a large skillet until the oil reaches 350 F. Monitor the temperature closely and be very careful with the hot oil at this point.
5. Remove the shrimp from the freezer and fry them, operating by batches, until the exterior turns golden brown, about 4 minutes.
6. Transfer the fried shrimp to a plate and pat them dry with paper towels.
7. Make sure the oil is hot before doing the next batch.

*\* Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.*

## - Poultry -

### Chicken Enchiladas

#### Ingredients

##### Sauces:

- 1 Small Chipotle Pepper, chopped
- 2 Cups Chicken Broth, organic, low sodium
- 2 Cloves Garlic, minced
- 2 Tsp Ground Cumin
- 1 Tsp Adobo Sauce (from can of chipotles in adobo sauce)
- 3 Cans Tomato Sauce, 8oz, no salt added
- 2 Tsp Ground Chili Powder
- 1/4 Tsp Black Pepper

##### Chicken:

- 4 Chicken Breasts, skinless
- 1 Garlic Clove, minced
- 1/4 Tsp Ground Cumin
- 1 Yellow Onion, chopped
- 1 Tbsp Olive Oil
- 1/4 Tsp Black Pepper
- 1 Green Bell Pepper, chopped
- 1 Tsp Dried Oregano
- 1/4 Tsp Ground Coriander

- 1/2 Cup Fresh Cilantro, chopped
- 1 Head Cauliflower, shredded in food processor until rice-like consistency

### Directions

1. Combine all sauce ingredients in a sauce pan. Bring to a boil and then reduce heat to low/simmer while you prepare everything else.
2. Preheat oven to 350 F.
3. Boil chicken breasts in water for about 15 minutes. Remove and shred chicken into pieces. Set aside.
4. Heat olive oil in large skillet. Sauté onion until transparent, add garlic, bell pepper, and spices. Sauté a little longer to combine flavors. Add shredded chicken and mix together.
5. Add sauce to the chicken skillet, RESERVING ¼ cup sauce for later.
6. Put cauliflower in bottom of baking dish. Add reserved sauce and mix well. (This is the bottom layer of your enchilada.)
7. Pour chicken/sauce mixture over the cauliflower. Cover with foil, bake for 30 minutes.
8. Remove from oven and sprinkle with cilantro.

## Buffalo Wings & Sauce

### Ingredients

- 2 1/2 lbs Chicken Wings
- 1/4 Cup Coconut Oil, melted
- 1 Cup Buffalo Sauce \*

### Ingredients

1. Preheat oven to 325 F.
2. Melt coconut oil and mix with buffalo sauce.
3. Pour over wings, toss to coat.
4. Bake at 325 F for 50-60 minutes.

### Buffalo Sauce

### Ingredients

- 10 Fresno Chilies
- 1/2 Cup Yellow Onion, chopped
- 3 Cloves Garlic, chopped
- 1/2 Tsp Herb Mix\*
- 1/2 Tsp Coconut Oil
- 3 cups Water
- 1 Cup Apple Cider Vinegar

### Directions

1. Remove stems from chilies and slice.
2. Sauté onion, garlic, peppers in 1/2 tsp of coconut oil for 3 minutes on high heat.
3. Add 2 cups of water and cook on high, stirring occasionally for 10-15 minutes.

4. Add an additional cup of water. Turn heat to medium and continue to cook until all the water has evaporated and the peppers are soft.
5. Sauté onion, garlic, peppers in ½ tsp of coconut oil for 3 minutes on high heat.
6. In a high-speed blender or food processor, blend the sautéed peppers, onions, and garlic. Add herb mix and slowly add in apple cider vinegar. Blend until smooth.

*\* Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.*

## - Beef and Pork -

### Flank Steak Fajitas

#### Ingredients

Steak:

- |                                      |  |                         |
|--------------------------------------|--|-------------------------|
| - 1 Bunch Fresh Parsley, leaves only | - 1 Bunch Fresh Cilantro (leaves only) | - 5 Cloves Garlic       |
| - ½ Red Onion, quartered             | - 1 Tsp Hot Paprika                    | - 2 Tbsp Sherry Vinegar |
| - ½ Cup Olive Oil                    | - 1 Tsp Black Pepper                   | - 1 lb Flank Steak      |

Drunken Peppers (recipe below):

- |                        |                      |                       |                      |
|------------------------|----------------------|-----------------------|----------------------|
| - 2 Tbsp Olive Oil     | - 2 Poblano Peppers  | - Large Onion, sliced | - 1 tsp Black Pepper |
| - 2 Green Bell Peppers | - 2 Red Bell Peppers | - 2 Jalapeño Peppers  |                      |

#### Ingredients

1. To make the chimichurri: In a food processor, add parsley, cilantro, garlic, hot paprika, vinegar, olive oil, and pepper, then blend until smooth. Reserve half for drizzling on fajitas. Place remaining marinade in a re-sealable plastic bag and add steak. Coat well and marinate for at least 1 hour.
2. Preheat grill to medium high.
3. Remove steak from marinade and discard marinade. Grill steak over medium high heat until cooked to medium rare, about 6 minutes per side. Let steak rest for 10 minutes, loosely covered with aluminum foil, before slicing.
4. Slice the steak on the bias into thin slices.

- 
1. De-seed all peppers and cut into strips.
  2. In a large sauté pan, heat oil over medium heat. When simmering, add peppers and onion.
  3. Season with pepper and sauté until softened and caramelized around the edges, about 6 to 8 minutes.

*\* To serve, toss steak slices with peppers. Drizzle remaining chimichurri sauce over steak and peppers and serve.*

## Buffalo Meatballs & Sauce

### Ingredients

#### Meatballs:

- 3 lbs Ground Buffalo
- 1 Handful Fresh Cilantro, chopped
- 1 Tbsp Ground Coriander
- 2 Eggs
- 2 Tbsp Coconut Oil

#### Sauce:

- 1 Large Onion, diced
- 4 Chilies (Serrano or Jalapeño), finely diced (remove seeds)
- 1 Cup White Wine
- 2 Tbsp Red Wine Vinegar
- 4 Cloves Garlic (finely chopped)
- 1 Can Diced Tomatoes, 12oz
- 1 Can Tomato Sauce, 12oz
- ½ Cup Fresh Spinach (chopped)

### Directions

1. Combine buffalo, eggs, coriander, and cilantro in a small bowl and mix thoroughly with hands, form into 2" bite-sized balls.
2. Heat a large skillet on high heat. Add coconut oil and allow it to heat up. Add meatballs and brown on all sides. Do not cook through. Remove meatballs to a plate and cover with foil.
3. Add onions and chilies to the skillet and reduce heat to medium. When onions turn translucent, add garlic and cook 1 minute more.
4. Deglaze pan with wine, scraping up all the "flavor bits" from the bottom. Reduce wine for about 3 minutes.
5. Add diced tomatoes and tomato sauce. Bring to a boil and reduce heat. Simmer for 10 minutes to reduce sauce and intensify flavor.
6. Add vinegar and meat balls. Toss to combine.
7. Sprinkle oregano and chopped spinach over meatballs. Stir and cover. Cook until meatballs are cooked through. Serve. Makes about 6 servings.

## Easy Chops

### Ingredients

- 1 ½ lb boneless pork loin, cut into 4 slices across the grain

### Directions

1. Preheat grill to high heat. (Broil chops in oven if no grill is available.)
2. Lightly season steaks with herb mix on both sides.
3. Grill or broil chops for approximately 6 minutes per side (or to preferred doneness), turning once.

\* *Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.*

\* *Spicy Herb Mix: Mix 3 TBSP of Herb Mix with 1 TBSP chili powder and 1 tsp cumin. This also adds great flavor for making fajitas or stir-frys.*

## Chicken Pecan Salad Wrap

### Ingredients

- 1 ½ Cups Canned Chicken, diced
- 1/4 Medium Sweet Red Onion, diced
- 1/3 Cup Mayonnaise (see below)
- Herb Mix (to taste)
- 2 Large Celery Stalks, diced
- 1/4 Cup Pecans, chopped
- Endive or Napa Cabbage Leaves

### Directions

1. Toss the chicken, celery, onion, pecans, and mayonnaise together. Herb mix to taste.
2. Spoon salad into Endive or Napa Cabbage leaf and roll into a delicious wrap to serve.

**Mayonnaise:** Put into high speed blender: 1 room temperature egg, ¼ tsp mustard powder, 1 TBSP lemon juice. Blend on high for 30 seconds. Place a funnel in the small opening of the blender and with the blender continuing to run on high slowly pour in one cup of room temperature olive oil. This makes about 1 cup; store left overs for future use. This is a great addition to recipes where you want a creamy sauce like consistency.

\* *Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.*

## - Salads -

### Avocado Salad with Lime

#### Ingredients

Salad:

- 2 1/4 oz Mixed Red & Green Leaf Lettuces
- 2 1/4 oz Arugula
- 4 Scallions
- 1 Tbsp Lemon Juice
- 2 Avocados, peeled, sliced
- 5 Tomatoes, sliced
- 1/4 Cup Walnuts, chopped, roasted

Dressing:

- 3 Tbsp Lime Juice
- 3 tsp Dijon Mustard
- 3 Tbsp Fresh Parsley



## Avocado Salad with Lime

- 5 Drops Stevia

- Ground Pepper, to taste

- 9 Tbsp Extra Virgin Olive Oil

### Directions

1. Wash, drain, shred greens and arrange in bottom of salad bowl.
2. Add scallions, tomatoes, walnuts. Halve, peel and slice avocados into thin slices. Brush with lemon juice to prevent discoloring.
3. Transfer to salad bowl, mix gently.
4. Add all dressing ingredients to blender; blend well.
5. Toss with salad; serve immediately.
6. Reserve left over dressing for future salads.

## - Snacks -

### Zucchini Cucumber Chips

#### Ingredients

- You will need a dehydrator for this recipe   - Equal Amounts Cucumbers and Zucchini's   - Herb Mix\*

#### Directions

1. Wash Cucumbers and Zucchini's, but do not peel. Slice each a little less than 1/2" thick. Thicker pieces make bigger, stronger chips and take longer to dry.
2. Sprinkle with herb mix and place in a single layer in dehydrator.
3. Dehydrate until very crisp. (Depending on your dehydrator it could take 24 hours to get them
4. really crunchy.) Store in a sealable container. These will last several months. Great to make a lot of these when garden harvest is in full bloom and your friends are happy to give away their extra zucchini's.

*\*Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend. Feel free to change up the spices to personal taste, some suggestions: chili powder, cumin, etc. This addition adds a nice spicier flavor to the chips.*

## Veggies and Salsa

### Ingredients

Try a variety of the following:

Broccoli, Cauliflower, Celery, Radishes, Jicama, Cucumbers, Red/Yellow/Green Bell Peppers, Bok Choi  
Zucchini, Yellow Squash, Green Onions Mushrooms.

### Directions

1. Slice vegetables to preferred dipping size and enjoy with salsa or one of the other delicious dips.

## - Stews and Soups -

### Easy Goulash Chili

#### Ingredients

- 1 lb Lean Ground Meat, browned
- 2 Cup Onion, chopped
- 4 Cloves Minced Garlic
- 1 Green or Colored Pepper, chopped
- 4 Stalks Celery, chopped, leafy ends included
- 1/2 Cup Chicken Broth
- 1/3 Cup Coconut Aminos
- 1 Tsp Cumin
- 1 Tbsp Chili Powder (more to personal taste)
- 3-4 Tbsp Herb Mix\* and Pepper (to taste)

#### Directions

1. In a large pot or skillet, cook ground beef. Set meat aside on plate or in bowl.
2. In same large pot, sauté onion, garlic, green pepper, celery and mushroom on medium heat until onion is soft.
3. Add ground meat back into pot. Add coconut aminos, broth, cumin, chili powder and herb mix.
4. Bring to a simmer and cook covered for at least 15 minutes.

Want some fun toppings? Try some diced avocado, cilantro, parsley, olives, or green onions.

This is great as a left-over omelet filling the next morning.

*\* Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend. Feel free to change up the spices to personal taste, some suggestions: chili powder, cumin, etc. This addition adds a nice spicier flavor to the chips.*

## Simple Chicken Soup

### Ingredients

- 2 Chicken Breasts, quartered
- 4 Tbsp Herb Mix\*
- 1 Onion, chopped
- Pepper, to taste
- 1/4 Cup Fresh Parsley, chopped
- 1 Bay Leaf
- 4 Cups Mixed Veggies, diced. (Choose from a combo of celery, broccoli, zucchini, cauliflower, eggplant and asparagus.)

### Directions

1. Place chicken breast in large stock pot. Add onion and bay leaf. Cover completely with water. Stir in 2 tablespoons herb mix. Bring to a boil, reduce heat, and simmer for 20 minutes.
2. Remove chicken pieces and place on cutting board. Add in the vegetables and remaining 2 Tbsp of herb mix. Simmer for 10-20 minutes depending on how well you like your veggies cooked. Remove bay leaf.
3. Meanwhile, cut chicken breasts into bite size pieces and add back into soup once veggies are done. Add pepper to taste.
4. Serve with a garnish of parsley on top of each serving.

\* Try freezing some of this soup for a quick meal on a busy day.

\* Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend.

Feel free to change up the spices to personal taste. Some suggestions: chili powder, cumin, etc.

## - Side Dishes -

### Almond Flour Tortillas

### Ingredients

- 2 Cups Almond Flour
- 2 Eggs
- 1 tsp olive oil
- 1/2 tsp herb mix (recipe below)

### Directions

1. Preheat oven to 350 degrees Fahrenheit.
2. Mix all dry ingredients together in a bowl and knead like dough.
3. Place parchment paper on a baking sheet or use a non-stick one and roll out the dough about 1/8" thick. Bake for 8 minutes. (You will have to adjust your cooking time for your desired thickness. You can tell when it is done by touching it and seeing if it is done to your liking.)

*\* Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend. Feel free to change up the spices to personal taste. Some suggestions: chili powder, cumin, etc.*

## Almond Meal Bread

### Ingredients

- |                           |                   |                        |
|---------------------------|-------------------|------------------------|
| - 3/4 Cups Almond Flour   | - 4 Tbs Flax Meal | - 10 Ddrops Stevia     |
| - 1 1/2 Tsp Baking Powder | - 3 Eggs, beaten  | - 1 1/2 Tbsp Olive Oil |

### Directions

1. Mix all dry ingredients together. Mix all wet ingredients together in a separate bowl. Then blend dry and wet together and mix well.
2. Bake in greased and floured small bread pan at 350 degrees for 25 minutes or until toothpick comes out clean.

*\* For a fun alternative add: 2 Tbsp No Salt Seasoning, 2 tsp Onion powder, 2 tsp granulated garlic, and other herbs according to taste. Try dipping warm slices of bread into olive oil and balsamic vinegar for a great appetizer.*

Consider making four of these loaves at a time. They freeze beautifully wrapped in Saran wrap inside a freezer bag. They are great to pull out when you want that special treat.

## Tostadas

### Ingredients

- |                                  |   |
|----------------------------------|---|
| - Almond Flour Tortillas         | - 3 Avocados, peeled, pitted, mashed    |
| - Juice of 1 1/2 Limes           | - 1/4 Cup Fresh Cilantro, chopped       |
| - Pico de Gallo* or Salsa        | - 2 Cups Cooked Chicken Breast, chopped |
| - Herb Mix* and Pepper, to taste | - 1/4 tsp Smoked Paprika                |
| - Juice of one Lime              |   |

### Directions

1. Combine avocados, juice of 1 lime, and cilantro in a medium bowl. Season with herb mix and pepper.

2. Combine chicken, juice of 1/2 lime, and smoked paprika in a medium bowl. Stir to combine. Just before eating, warm mixture if desired. (It is also good left cold.)
3. To serve, place 1-2 tortillas on each plate, spread with avocado mixture, then top with chopped chicken and salsa. Squeeze lime juice on top.

*\* Optional: Serve on a bed of lettuce in place of the tortillas.*

*\* Herb Mix... a great salt substitute, mix equal amounts to fill a pint jar: Costco or Mrs. Dash no salt seasoning, granulated garlic, granulated onion, Italian herb blend. Feel free to change up the spices to personal taste. Some suggestions: chili powder, cumin, etc.*

## **Buffalo Sauce**

1. Chop and mix 1 cup each of tomatoes, yellow onions and cilantro. Add in 1 tsp of lemon juice and some herb mix to taste.



# Shopping List

Refer to this list before going grocery shopping to help stay on track with the meal plan and to get new ideas and to diversify your diet.

## Protein

- ☐ Bison
- ☐ Shrimp
- ☐ Turkey \_\_\_\_\_
- ☐ Cod
- ☐ Snapper
- ☐ Crab
- ☐ Salmon
- ☐ Pork \_\_\_\_\_
- ☐ Tuna
- ☐ Steak \_\_\_\_\_
- ☐ Chicken \_\_\_\_\_
- ☐ London Broil/Roast
- ☐ Ground Beef
- ☐ Can: Tuna
- ☐ Can: Turkey
- ☐ Can: Chicken
- ☐ Eggs
- ☐ Anchovies

## Canned Veggies

- ☐ Mushrooms
- ☐ Olives
- ☐ Green Chiles
- ☐ Salsa \_\_\_\_\_
- ☐ Tomatoes \_\_\_\_\_
- ☐ Artichoke Hearts
- ☐ Sundried Tomatoes

## Frozen Foods

- ☐ Blueberries
- ☐ Raspberries
- ☐ Strawberries
- ☐ Broccoli
- ☐ Spinach

## Fresh Fruit

- ☐ Avocado
- ☐ Blueberries
- ☐ Cantaloupe
- ☐ Lemons
- ☐ Limes

- ☐ Raspberries
- ☐ Strawberries

## Other

- ☐ Almond Flour, pure
- ☐ Coconut Flour, pure
- ☐ Herbal Tea \_\_\_\_\_

## Fresh Veggies

- ☐ Artichokes
- ☐ Asparagus
- ☐ Basil
- ☐ Bok Choi
- ☐ Broccoli
- ☐ Brussels Sprouts
- ☐ Cabbage
- ☐ Cauliflower
- ☐ Celery
- ☐ Chard
- ☐ Cucumbers
- ☐ Garlic
- ☐ Ginger Root
- ☐ Jicama
- ☐ Kale
- ☐ Leeks
- ☐ Lettuce \_\_\_\_\_
- ☐ Mushrooms
- ☐ Onions
- ☐ Parsley
- ☐ Peppers \_\_\_\_\_
- ☐ Radishes
- ☐ Rosemary
- ☐ Rutabaga
- ☐ Spinach
- ☐ Squash \_\_\_\_\_
- ☐ Zucchini
- ☐ Tomatoes \_\_\_\_\_
- ☐ Turnips

## Condiments/ Oils

- ☐ Olive Oil

- ☐ Coconut Oil
- ☐ Coconut Aminos
- ☐ Beef Broth, low sodium
- ☐ Chicken Broth, low sodium
- ☐ Mustard
- ☐ Liquid Stevia
- ☐ Vanilla Extract
- ☐ Vinegar \_\_\_\_\_

## Dairy Replacement

- ☐ Almond Milk, unsweetened
- ☐ Coconut Milk, can, unsweetened

## Nuts

- ☐ Almonds
- ☐ Almond Butter
- ☐ Macadamia Nuts
- ☐ Pecans
- ☐ Pistachios
- ☐ Walnuts

## Dried Herbs & Spices

- ☐ Allspice
- ☐ Anise
- ☐ Arrowroot
- ☐ Basil
- ☐ Bay Leaves
- ☐ Cayenne
- ☐ Chili Powder
- ☐ Chives
- ☐ Cilantro
- ☐ Cinnamon
- ☐ Cloves
- ☐ Dill
- ☐ Garlic Powder
- ☐ Ginger Powder

- ☐ Italian Herbs
- ☐ Lemon Pepper
- ☐ Nutmeg
- ☐ Onion Powder
- ☐ Oregano
- ☐ Paprika
- ☐ Parsley
- ☐ Black Pepper
- ☐ Rosemary
- ☐ Sage
- ☐ Sea Salt
- ☐ Salt Substitute
- ☐ Tarragon
- ☐ Thyme

## Alternatives

- ☐ Deer
- ☐ Rabbit
- ☐ Bear
- ☐ Moose
- ☐ Elk
- ☐ Duck
- ☐ Goose
- ☐ Quail
- ☐ Trout
- ☐ Bass
- ☐ Halibut
- ☐ Lobster
- ☐ Walnut Oil
- ☐ Avocado Oil

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# Daily Tracking Log

[illegible]

**Use this exercise key:**

### Walking (W)

Running (R)

Jogging (J)

Swimming (S)

Gardening (G)

Weights (WT)

## Tennis (TN)

Yoga (Y)

Cycling (C)

Elliptical (E)

Dancing (D)

Cleaning (CL)

### Treadmill (TM)

### Racquetball (RB)

Crossfit (CX)

Hiking (H)

Other (O) \_\_\_\_\_