

Testimonial—*Vivian Shuemade, 57 years old*

Making It Work

My mother had diabetes by the time she was thirty-five, so when I reached fifty and didn't have it, I thought I'd dodged the bullet. A year later, I was diagnosed with it as well. I was just learning about the Maximized Living principles, so I decided to put them to the test. One month after starting the eating plan, my blood sugar was normal. I've struggled with my weight for about twenty-five years, so I was delighted when the pounds started to go. I've lost thirty-five pounds since then. I wish I'd measured the inches, but I've gone from an extra large to a medium and it feels wonderful!



I ate the recipes that you'll find in this book. The eating plan guide is great for those of you who want it all spelled out, but I like a lit-

tle less structure. If you're like me, you won't drink a smoothie if you want eggs and that's OK. Change it around to suit you, and you'll be just fine. I love leftovers and used those often in place of a new meal. The secret to success is *planning, shopping, and cooking. Always have at least one of these recipes ready to go so you won't reach for a frozen pizza or stop at a fast food restaurant when your schedule gets thrown off. If you have the proper food in the house, preferably cooked and in the fridge, you won't eat the bad stuff. If you stay on it faithfully with no cheating, the cravings will be gone in about seven to ten days. I didn't believe that I would ever not want sugar, potatoes, or pasta, but I don't! I can walk around plates of donuts and brownies all day and not eat one. You're going to feel so much better that you won't want to go back to bad eating habits.*

I'm fifty-seven and feel better than I have in twenty years. I want to dance at my grandchildren's weddings, go to my son's silver wedding anniversary party, and go somewhere wonderful with my daughter and her husband for her sixtieth birthday. I have no doubt I'll achieve these goals by staying on the principles. If I can do it, anyone can!

Eating Guide to Losing Ten Pounds Fast / Week 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast: 2 eggs 4 pieces turkey bacon	Breakfast: Yogurt, fresh berries with coconut	Breakfast: Spinach, mushroom, feta cheese omelet	Breakfast: Smoothie	Breakfast: Turkey bacon and cheese omelet	Breakfast: Smoothie	Breakfast: Turkey bacon and cheese omelet
Snack: Handful of nuts	Snack: Berry smoothie	Snack: Celery with almond butter	Snack: ½ cup pumpkin seeds	Snack: Veggie sticks with ranch dressing	Snack: ½ cup almonds	Snack: Vanilla shake
Lunch: Chicken breast, black beans, and salsa	Lunch: Boiled egg salad	Lunch: Greek chicken salad	Lunch: Buffalo burger taco salad	Lunch: Antipasto salad	Lunch: Chicken salad	Lunch: Watercress almond salad
Snack: Celery and hummus	Snack: Dilled salmon, asparagus	Snack: ½ cup walnuts	Snack: Veggie sticks with guacamole	Snack: Eggnog	Snack: 1 coconut macaroon	Snack: ½ cup almonds
Dinner: Turkey burger, sautéed mushrooms, onions spinach	Dinner: Grass-fed steak, broccoli and cauliflower	Dinner: Zucchini casserole	Dinner: Chili	Dinner: Chicken stir-fry	Dinner: SW tilapia mashed faux- potatoes (cauliflower, raw butter, sea salt, pepper) green salad	Dinner: Teriyaki salmon, broccoli

For complete grocery lists and recipes to get you started, see appendixes A and B.

Eating Guide to Losing Ten Pounds Fast / Week 2

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast: Blueberry pancakes	Breakfast: Smoothie	Breakfast: Veggie omelet, turkey bacon	Breakfast: Smoothie	Breakfast: Yogurt and blueberries	Breakfast: Smoothie	Breakfast: Turkey bacon/cheese omelet
Snack: Handful of nuts	Snack: Boiled egg	Snack: Celery with almond butter	Snack: ½ cup pumpkin seeds	Snack: Veggie sticks with ranch dressing	Snack: ½ cup almonds	Snack: Vanilla shake
Lunch: Chicken and broccoli casserole	Lunch: Chili	Lunch: Chicken salad	Lunch: Leftover black bean soup	Lunch: Green salad with salmon or chicken	Lunch: Leftover shepherd's pie	Lunch: Taco salad
Snack: Celery and hummus	Snack: Nuts and seeds	Snack: ½ cup walnuts	Snack: Veggie sticks with guacamole	Snack: Celery sticks with hummus	Snack: Veggie sticks with guacamole	Snack: ½ cup almonds
Dinner: Pot roast with sauerkraut	Dinner: Grilled steak with bernaise sauce, sauteed spinach, kale, or broccoli	Dinner: Black bean soup	Dinner: Chicken almond stir-fry	Dinner: Shepherd's pie	Dinner: Baked tilapia, mashed faux-potatoes (cauliflower, raw butter, sea salt, pepper), green salad	Dinner: Chicken coconut curry

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Secret One to Losing Ten Pounds Fast: The Advance Eating Plan

We are going to attack those hormone issues starting right now. Here are the guidelines for the next seven to thirty days, depending on how long it takes you to lose ten pounds. You don't have to remember everything, just follow the eating plan included in this chapter and the recipes in appendix B.

Here are five eating guidelines for losing ten pounds fast:

1. Eliminate sugars.
2. Cut out grains.
3. Remove bad fats and add good fats.
4. Consume very little fruit.
5. Avoid toxins.

Guideline 1: Eliminate Sugars

Eliminate all sugars and everything that turns to sugar. This is the key to the Lose Ten Pounds Fast Plan. We would like to stress that this is not a high-protein or low-carb diet. You are loading up on quality proteins, good fats, and vegetables, not just eating whatever you want as long as it's not a carb. The type of eating you're going to do here is necessary to heal your insulin and leptin issues.

Remember, the insulin and leptin receptors are fried from all the sugar and fat in your system. The goal is to metabolically shift your body from burning sugar to burning fat. Being a sugar burner is why you get cravings for sweets or bread products. Your brain is telling you to eat sugar so that it has something to burn. The only way to get your