



The Vive Plan

For Optimal Health and Weight Loss

I don't believe in putting your diet in a fence and telling you exactly what to eat. I prefer to give you the freedom to make healthy choices. The only specific recommendation that I am making that is critical is the use of Vive as a meal and or snack replacement. There are a thousand other products and I am sure many may be fine. I know Vive is what your body needs to have successful weight loss and health. I should know, I developed it with this purpose in mind. It's what I use everyday! It's a proven product.

This is as simple as it gets

Sure, you get plenty of nutrients like vitamins, minerals, enzymes, probiotics and antioxidants from Vive. But you also need real healthy foods to deliver healthy calories and more nutrients. For meals and snacks eat sensibly and follow minimum calorie requirements. You must eat a minimum number of calories for your body to lose weight!

Vive can replace any snack or meal. Vive is excellent to add to any juice or smoothie you make. It will super charge it!

Eating every 2 to 3 hours keeps blood sugar levels balanced, reducing cravings and keeping energy up!

- **Breakfast:** within 1 hour of waking up. 1 Vive shake
- **Snack:** 2 to 3 hours after breakfast.
- **Lunch:** 2 to 3 hours after snack.
- **Snack:** 2 to 3 hours after lunch.
- **Dinner:** 2 to 3 hours after snack.
- **Evening Snack:** always at least 2 hours before going to bed.

When deciding what to eat, choose your snacks and meals wisely. Balance your diet with low sugar fruits, veggies, beans, lean meats, and cold-water fish like salmon. Your plate should be 50% non-starchy vegetables, 30% whole grains or beans, 10% protein and 10% fruit. Fuel your body with foods that are high in fiber and low in sugar content. List of all foods provided below.

Examples of meals and snacks; be creative with your choices of foods.

Breakfast

8 ounces of pure water, drink first before anything else

Mix 2 scoops of Vive, Chocolate or Energy Spice shake (a unique chai tea flavor) with 12 ounces of a cold liquid like almond milk or water.

Vive Chocolate is a little thicker so you need to play with the amount of liquid you use. Use more liquid to make it thinner.

Start with 12 ounces of almond milk or a combination of water and almond milk (I just use water).

If you are use to eating a lot of food you can have a boiled egg or whole grain toast with almond butter with the Vive shake.

Mid Morning Snack example

Celery or granny smith apples with 1 tsp. peanut or almond butter

Lunch example

Salad with spinach, broccoli, and zucchini spears, radishes, carrots, romaine, onions, nuts and seeds, bell pepper, cucumber, strawberries and balsamic vinaigrette. Or drink a Vive shake

Mid-afternoon snack example

Hand full of nuts and seeds or Vive shake

Dinner example

Vive shake or a healthy meal

- 6 ounce wild caught salmon filet or turkey breast
- 1 cup quinoa or wild rice with diced red pepper and shiitake mushrooms
- 1 medium baked sweet potato with skin (add Smart Balance butter, a little molasses, cinnamon and nutmeg,)
- 1 to 2 cups steamed broccoli
- 1 salad with spinach, romaine, carrots, radishes, bell pepper, onion, cucumber, yellow squash, walnuts, sunflower seeds, Cheri tomatoes, sliced strawberries, balsamic vinaigrette

Evening snack

Triscuit crackers, carrot sticks or celery sticks with hummus

Calories

If you eat healthy 80% of the time you don't have to worry about eating too many calories! But you must eat your minimum amount of calories everyday.

If you exercise intensely you may require more calories than those listed below.

Men should eat no less than 1500 calories per day but aim for 1800 to 2000 calories per day average through the week.

Ladies should eat no less than 1200 calories per day but aim for 1500 calories per day average through the week.

Your daily routine allows for an occasional treats and unplanned indulgences. So you can have that chocolate chip cookie and not feel guilty. It's impossible to cheat on the Vive Plan.

Exercise

Before exercising get your doctors approval. If you have not been exercising start very slowly then gradually build up your time. Once you can walk for 1 hour without stopping then you can increase the speed or intensity of your walk or exercise. These exercise times can be split up into multiple times per day. 1 hour of exercise can be split into two 30-minute sessions or three 20-minute sessions. Be creative. By doing at least 2 sessions per day you will see quicker weight loss results. This will keep your metabolism boosted for a longer time throughout the day.

What types of exercise you can do is totally dependent on your body's ability and your level of health. Use common sense in what you do. If you have balance problems or breathing problems go slow and use a walker or have a friend help you. **DO NOT EXCEED WHAT YOU DOCTOR APPROVES OR YOUR ABILITY.**

Exercise is essential for health and weight loss. The pounds are not going to come off with out you moving more. They just aren't going too!

My exercise for the first 2 years was only walking, sit-ups and push-ups. I went from walking 10 minutes at a time to over 8 miles per day.

Exercise is any activity that keeps you moving and using muscles for a consistent period of time without stopping. Walking in your job or lifting boxes and packages does not count as exercise. Certainly exercise like lifting weights and calisthenics are very beneficial once your body is able.

Exercise a minimum of 30 minutes per day 5 days per week for 1 week. If you can only walk for 10 minutes that is great, just continue to build on your time gradually.

On week two increase exercise to 45 minutes per day 5 days per week.

On week three increase exercise to 1 hour per day 5 days per week.

Water

Water is not only essential for health but for also for weight loss and energy. You will need at least 1/2 your body weight in fluid ounces of liquid per day. If you weigh 200 pounds you will need 100 ounces of fluid per day.

By nurturing your body with Vive and speeding up your metabolism through exercise you are creating the ideal opportunity for your body to begin burning fat and creating a healthy body!

Foods

- You can eat non-starch vegetables in unlimited amounts! This means you will never be hungry.
- Eat starchy vegetables no more than 3 times per week.
- You should have an ounce or two of nuts and seeds every day.
- You should have beans regularly.
- You should have whole grains like oats, wild rice and quinoa several times per week. Limit to 4 servings per day.
- Avoid or limit all fried, refined and processed foods except for that occasional treat and indulgence.
- If you eat meat make sure it is lean free range and organic. For fish make sure it is cold water wild caught. Great sources of fish are Alaskan salmon, sardines, cod, halibut, tuna, trout and Alaskan whiting.

The American diet of fast, refined and processed foods is very low in fiber content. Fiber is very important for our health. The recommended daily intake for fiber is 25 to 35 grams per day. The average American gets about 10 grams of fiber per day. If you experience bloating or gas, reduce the suggested serving of 2 scoops to 1 scoop per meal for 1 week then increase to the normal 2 scoops per meal. Your body will adjust and the gas and bloating will subside. This may happen because your body is not accustomed to getting good healthy fiber every day.

Healthy Foods

List of healthy foods

Vegetable Serving sizes; Cooked vegetables 1/2 cup, Chopped, raw vegetables 1/2 cup, Raw, leafy vegetables 1 cup, Vegetable juice 3/4 cup

- Asparagus
- Artichoke
- Avocado
- Bell peppers
- Broccoli
- Brussels sprouts
- Cabbage

- Cauliflower
- Celery
- Collard greens
- Cucumber
- Cayenne Pepper
- Eggplant
- Endive
- Fennel bulb
- Garlic
- Green beans
- Green peas
- Kale
- Mushrooms, Crimini
- Mushrooms, Shiitake
- Mushrooms, Portobello
- Mustard greens
- Okra
- Olives,
- Onions, shallots, green onions
- Parsley
- Radicchio
- Radish
- Red Leaf lettuce
- Romaine lettuce
- Sea vegetables
- Spinach
- Squash, summer; yellow, zucchini
- Squash, winter; butternut, spaghetti, delicate, sweet dumpling
- Sugar Snap Peas
- Swiss chard
- Tomato, fresh
- Turnip Greens

Root Vegetables (for potatoes and yams the total should not exceed 2 servings total combined per week)

- Beets up to 1 cup per day
- Carrots up to 1 cup per day
- Jicama up to 1 cup per day, low calorie and very nutritious, eat raw or cooked.
- Potatoes 1 medium (5") baked per week
- Sweet potato, with skin 2 medium (5") baked per week
- Yam 2 medium (5") baked per week
- Turnips 1 cup per week
- Rutabagas 1 cup per week

Fruits & melons; 3 servings per day is the limit, a serving is 1 medium fruit, 1 cup cubed, ½ cup juice or ¼ cup dried. Dried fruit is coated with sugar so avoid it. Avoid fruit juices; they are also very high in sugar content. **Eat whole fresh or frozen fruit. Avoid canned, it is normally in syrup.**

- Apple
- Apricot
- Banana select with green tips and bright yellow skin without spots
- Blueberries
- Blackberries
- Cantaloupe
- Cranberries
- Fig
- Grapefruit
- Grapes
- Kiwi fruit
- Lemon and Limes
- Orange
- Papaya
- Pear, Bartlett
- Peaches
- Pineapple
- Plum
- Prune
- Raisins high in sugar
- Raspberries
- Strawberries
- Watermelon

Beans & Legumes; eat what you want, just do not go over your daily calorie limit

Serving size is 1 cup cooked

- Black beans
- Dried peas
- Garbanzo beans
- Kidney beans
- Lentils
- Lima beans
- Miso
- Navy beans
- Pinto beans

- Soybeans
- Tempeh

Nuts & Seeds; Limit to 1 to 2 ounces per day due to high calorie content. Studies show people who consume 1 oz. of nuts daily lose weight and keep it off. In addition, they may cut their risk of heart disease by up to 45%.



- Almonds
- Cashews
- Flaxseed (must be ground to absorb the nutrients)
- Peanuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Oils, Fats & Salad Dressings; Use only the oils listed below when making salad dressings. Extra virgin olive is very healthy and should be your focus of ingredients **when buying salad dressings**. Avoid all other vegetable oils other than those vegetable oils listed above. Most vegetable oils are inflammatory.

Many salad dressings contain preservatives, unhealthy fats and too much sugar. It's best to make your own or really check the ingredients on the bottle.

Serving Size: 2 Tablespoons, serve on side, dip fork into dressing, then into bite of salad. You can also make your own salad dressings.

Coconut oil is very healthy and should be a part of your diet. **Coconut oil and olive oil are the only 2 oils you should cook with.**

- Olive oil
- Coconut oil
- Flax oil
- Hemp oil
- Pumpkin seed oil
- Sesame seed oil

Grains; Limit to 4 servings per day, depending on calorie requirements and blood sugar status.

Whole grains provide complex carbohydrates that are important for energy needs. Your cells prefer glucose for fuel. Carbohydrates provide glucose. To keep your blood sugar balanced, avoid simple carbohydrates and go for whole grains. Grains can cause intestinal issue for some people and for others with autoimmune disorders they may make conditions worse due to gluten found in grains and lectins found in beans and grains.

- Do not eat muffins. Most are very high in calories 300 to 600 calories per muffin.
- Do not eat granola; it is loaded with fats and sugars.
- Avoid cereals, they turn to blood sugar quickly and cause cravings.
- The best bread is Ezekiel Bread. It has the lowest blood sugar impact of any bread.

Serving sizes;

- Bread 1 slice
- Tortilla, roll,
- Bagel, English muffin or hamburger bun ½
- Brown rice, pasta, oatmeal, cooked cereal, 1/2 cup cooked
- Ready-to-eat cereal 1 ounce (flakes or round)
- Pancake, waffles 1 (4" diameter) always use whole grain flour only.

Grain choices

- Amaranth
- Buckwheat
- Millet
- Oats, steel cut is the healthiest choice, avoid instant oatmeal
- Quinoa
- Wild rice and Black rice

Butter

I use and recommend Smart Balance Lite Original with Flax Oil. It's 50 calories per serving, 1.5 grams of saturated fat and zero cholesterol and taste like butter. Although real butter contains nutrients it is loaded with saturated fat.

Spices & Herbs; herbs are naturally very high in antioxidant power. Use all you like!

- Basil
- Black pepper
- Cayenne pepper
- Chili Pepper, Red, dried
- Cinnamon, ground
- Cloves
- Coriander seeds
- Cumin seeds
- Dill weed, dried
- Ginger
- Mustard seeds
- Oregano
- Peppermint leaves, fresh
- Rosemary
- Sage
- Thyme, ground
- Turmeric, ground

Dark Chocolate; I eat dark chocolate every day. Only 85% to 100% dark chocolate is recommended. Limit to 1.5 ounces per day. Dark Chocolate has the highest antioxidant value of any food. Lindt Chocolate is the best brand to get because it has no dairy in the 85% dark or higher chocolate.

Raw chocolate is really the best and most nutritious way to eat chocolate.



Natural Sweeteners; Serving Size 1 Tablespoon

Use sparingly if diabetic

- Blackstrap molasses a good source of B6, iron, calcium, potassium and magnesium
- Cane juice

- Honey; if possible, get local RAW unpasteurized and unfiltered honey, it will have more nutritional value.
- Maple syrup

Use as needed

- Stevia; this is my choice of sweetener.
- Xylitol is another of my favorites. I usually use ½ stevia and ½ xylitol due to the after taste of the stevia.

Other

- Green tea Brew your own for more antioxidant power. Matcha is the most powerful green tea.