**Zenith Tips.**

Tips for best results using Zenith

Take it 2x a day, 30 min before your 2 biggest meals. Take it even if you skip a meal!

Do not take it with medications/vitamins or caffeine/coffee etc.

Always on an empty stomach.

Drink 8 glasses of water a day minimum.

Take Zenith even if you skip a meal. Get both 2 doses daily for maximum results. Do not skip a dose....

Month 1 can be slow-going for some people. Month 2 is often where the magic happens. Keep going!

Follow a healthy diet, although nothing extreme is needed! Don't expect maximum results unless you follow a healthy lifestyle. Participants in the 8-week trial saw a 90% INCREASE in weight loss with a healthy diet/exercise using ZENITH!

Little things ADD UP such as trimming calories here and there: watch oils when cooking, skip the lattes, reduce your portion sizes, limit alcohol to once per week, make better choices! These are just suggestions that will help you get the best results!

Increase your activity. The trial participants simply walked 20 mins per day.

Park in a spot farther away, take the stairs, etc.

Keep me updated on your journey!

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**1. REMOVE SUGAR FROM YOUR DIET**

There are no two ways about this, unfortunately. The one thing that must go from your diet is sugar if you are looking to lose those unwanted fat pounds!

Cutting out sugar does not just mean leaving out the obvious sources of sugar like cakes and soda. It means not indulging in fruits that are high in fructose, like bananas.

Replace sugary foods with healthier, fiber dense alternatives like avocado and broccoli.

Too much sugar in the blood gets transformed into fat, and that is the last thing you want if you want to lose fat.

**2. REDUCE YOUR PORTIONS**

Do not starve yourself, but to minimize the calories you have been taking, your portions must be smaller than you are used to.

The number of calories you consume must be lower than those you burn. The fewer calories you consume, the more weight you'll lose.

You can maintain a calorie deficit without hunger pangs by eating ***high-fiber foods***. It is a good habit to stop eating when you are about 80% full. Let your brain catch up with your stomach and you do not have to clear everything on your plate.

**3. EAT MORE PROTEIN**

You must increase your protein intake if you hope to lose pounds. ***Research*** has also shown that protein reduces appetite and helps boost metabolism.

**4. QUADRUPLE YOUR VEGGIES INTAKE**

Don't skimp on veggies. Veggies will help you maintain a calorie deficit without hunger because they're very low in calories. Eat a variety of colors.

Eat them at every meal and make sure they cover at least half of your plate. Eat them first!

Perhaps the most important component of the anti-inflammatory diet is fruits and vegetables. Because plant-based foods are a natural source of essential vitamins and minerals, they can deliver the nutrients we need without all the calories.

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The best vegetables are dark leafy greens like kale or spinach, which are rich in nutrients and contain antioxidants and natural compounds with anti-inflammatory activity. For a sweet

treat, eat a handful of antioxidant-rich berries or a potassium-rich banana. Salads don't have to be boring; top your greens with carrots, peas, onions, and more.

**5. Cut Back on Dairy**

Dairy is not forbidden on an anti-inflammatory diet, but experts recommend reducing the amount of whole-fat dairy we consume when inflammation is an issue. Dairy contains a lot of saturated fat, which can raise cholesterol and the risk of heart disease, and this can undo the good the diet is championing.

Some cheeses, like feta, are naturally better for you than their processed counterparts and can prevent the need to totally eliminate dairy. Substitutes for butter, like olive oil, can help reduce consumption, as well.

**6. Add More Whole Grains**

The anti-inflammatory diet is not a low-carb diet, so incorporating whole grain bread, whole grain pasta, brown rice, and other grains into meals is permitted.

However, it is important to eat only whole grains and avoid foods made with white flour and those high in sugar. Oatmeal is one excellent source, as are quinoa, brown rice, and many others. These whole-grain foods contain lots of fiber, which encourage healthy digestion and reduce inflammation throughout the body. Use them to make salads, grain bowls, and healthy side dishes

**7.Use Herbs and Spices**

Salt contributes to water retention and inflammation, and too much sodium can cause heart problems, too. Instead, stick to natural herbs, spices, and flavorings such as basil, pepper, and lemon. For an extra boost, use herbs and spices that reduce inflammation. Garlic is one of the best anti-inflammatories foods around, and turmeric, cayenne, rosemary, and ginger are beneficial as well

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**8. AVOID DRINKING ALCOHOL**

Drinking alcohol will increase your calorie intake and interfere with fat oxidation.

Replace alcohol with water and fruit-infused beverages.

**9. GET ENOUGH SLEEP**

Getting enough sleep will help you lose weight and manage stress.

For one, lack of sleep interferes with leptin and ghrelin (hunger hormones), increasing your chances of overeating.

Secondly, poor quality sleep raises cortisol levels. Cortisol is a stress hormone that will cause you to crave unhealthy foods.

Aim to get 7 to 8 hours of sleep every night and use these strategies to get deep sleep.

**10. COMBINE STRENGTH TRAINING WITH CARDIO**

Both cardio and weight training will help you on this weight loss, fat loss journey

However, multiple studies have shown strength training is more efficient in losing weight than cardio.

This has partly to do with the fact that strength-training boosts your metabolism up to 4 hours after you have stopped training, and as you sleep. It also helps you build lean muscles, and muscles enhance weight loss.

**11. Avoid Diet Soda**

Just because something is calorie-free doesn't mean it's chemical-free. You wouldn't drink Drano would you? Artificial sweeteners found in diet soda are known to trigger insulin,

which sends your body into fat storage mode and may lead to weight gain, even though the soda contains no calories itself.

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**12. Avoid Processed Pastries**

Long shelf life and a long list of ingredients is a sure bet that you should place that package back on the shelf. Processed pastries are made with refined sugar, refined wheat flour, hydrogenated oils (unhealthy trans fats) and a whole bunch of other chemicals and artificial ingredients. Trans fat has been associated with coronary heart disease, sudden death from cardiac causes and diabetes.

If you just must have a sweet to go along with your milk, please make it homemade and take the ingredients up a notch. Bonus, your home will smell good too.

**6 Reasons Why High-Fructose Corn Syrup Is Bad for You**

High-fructose corn syrup (HFCS) is an artificial sugar made from corn syrup.

Many experts believe that added sugar and HFCS are key factors in today's obesity epidemic

HFCS and added sugar are also linked to many other serious health issues, including diabetes and heart disease

HFCS and sugar contain fructose and glucose. Your body metabolizes fructose differently than glucose and consuming too much fructose can lead to health problems.

High-fructose corn syrup can contribute to increased liver fat. This is because of its high fructose content, which is metabolized differently than other

Research continues to highlight the role of high-fructose corn syrup and fructose in obesity. It can also add visceral fat, a harmful type of fat that surrounds your organs.

Excessive intake of high-fructose corn syrup can lead to insulin resistance and metabolic syndrome, which are both key contributors to type 2 diabetes and many other serious diseases.

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**Meal Plan**

**BREAKFAST**

**Food Groups Examples**

\_\_ 1\_\_ **Fruit ½ Grapefruit**

\_\_\_1\_\_ **Bread / Starch ½ Oatmeal**

\_\_\_1oz. **Meat 3** Egg **Whites**

\_\_\_1\_\_ **Fat 1** **Teaspoon**

\_\_1/2\_\_ **Milk** 4 oz. **Non-Fat Milk or Yogurt**

**LUNCH**

**Food Groups**

\_\_\_1\_\_ **Fruit ½ Cup Cantaloupe**

\_\_\_1\_\_ **Bread / Starch ½ Turkey Sandwich - 1 slice whole wheat bread**

\_\_\_3-5 oz\_\_ **Meat 3** oz. **Lean Turkey - lettuce, tomato, onions.**

\_\_\_1\_\_ **Fat 1 Teaspoon of Mayo**

\_\_\_0\_\_ **Milk None**

\_\_\_2\_\_ **Vegetables**  **1 cup Raw Carrots - 1 cup raw green veggies**

**Dinner**

**Food Groups**

\_\_0\_\_\_ **Fruit None**

\_\_1\_\_\_ **Bread / Starch ⅓ cup of rice**

\_\_3-5\_\_\_ **Meat 3 oz Boneless, Skinless Chicken Breast**

\_\_1\_\_\_ **Fat 1 Teaspoon of Butter or Margarine**

\_\_0\_\_ **Milk None**

\_\_2\_\_\_ **Vegetables**  **1 cup of green beans - 1 cup of carrots**

**8 – 10 (8.oz.) glasses of water daily**

Page 7.

**Meal Plan**

**BREAKFAST**

**Food Groups Example**

\_\_\_\_\_ **Fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Bread / Starch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Meat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**LUNCH**

**Food Groups Example**

\_\_\_\_\_ **Fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Bread / Starch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Meat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Dinner**

**Food Groups Example**

\_\_\_\_\_ **Fruit \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Bread / Starch \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Meat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Fat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Milk \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

\_\_\_\_\_ **Vegetables \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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**ALTERNATIVE FOOD SELECTIONS**

**FRUITS**

**APPLE ½ OR 1 SMALL**

**APRICOT (FRESH) 2 MEDIUM**

**APRICOT (DRY) 4-5 MEDIUM**

**BANANA 1/2**

**BLACKBERRIES ½ CUP - 3/4 CUP**

**BLUEBERRIES ½ CUP - 3/4 CUP**

**CANTALOUPE 1/4 SLICE - 1/3 MELON (1 CUP CUBED)**

**CHERRIES 10 LARGE - ½ CUP**

**CRANBERRIES 1 CUP**

**DATE 2**

**FIG 1**

**GRAPEFRUIT 1/2**

**KIWI 1 Medium**

**KUMQUAT 3**

**LOQUAT 3**

**MANGO ½ SMALL - 1 SMALL**

**NECTARINE ½ SMALL - 1 SMALL**

**ORANGE ½ SMALL - 1 SMALL**

**PAPAYA 1/4**

**PEACH 1 Cup**

**POMEGRANATES 1/2**

**PRUNES 2**

**RAISINS 1 Tablespoon**

**RASPBERRIES 1/2 Cup**

**STRAWBERRIES 10**

**TANGERINE 1**

**WATERMELON 1 Cup Diced**

**GRAPES (SMALL) 15 Grapes**

**HONEYDEW 1/8 Melon**

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**FRUIT JUICE**

**APPLE JUICE/CIDER ½ CUP**

**CRANBERRY COCKTAIL 1/3 CUP**

**GRAPEFRUIT ½ CUP**

**GRAPE 1/3 CUP**

**ORANGE ½ CUP**

**PINEAPPLE ½ CUP**

**PRUNE 1/3 CUP**

**½ CUP OF FRESH FRUIT OR FRUIT JUICE**

**1/4 CUP OF DRIED FRUIT**

**EACH ITEM CONTAINS ABOUT 15 GRAMS OF CARBOHYDRATE AND 60 CALORIES.**

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**BREAD/STARCH**

**BAGEL, WATER 1/2**

**BRAN, OAT, UNPROCESSED BREAD, 4 Tablespoons**

**SOURDOUGH, RYE, WHEAT 1 Slice**

**BREAD STICKS, CRISP (4" × ½") 2**

**BUN 1/2**

**CORN 1/2 Cup**

**ENGLISH MUFFIN 1/2**

**GRAPENUTS 3 Tablespoons**

**GRITS (COOKED) 1/2 Cup**

**MELBA TOAST 2 Crackers**

**MUFFIN (LOWFAT 2 GRAMS) 1/2**

**NUTRAGRAIN CEREAL 1/3 Cup**

**OATMEAL (COOKED) 1/2 Cup**

**PITA (WHOLE WHEAT) 1/2**

**PASTA (COOKED) 1/2 Cup**

**PEAS 1/3 Cup**

**POPCORN (NONFAT) 2 Cups**

**POTATO (BAKED) 1 small (3 OZ.)**

**RICE 1/3 Cup**

**WILD RICE 3/4 Cup**

**SHREDDED WHEAT (LG. SPOON) 1/2 Cup**

**TORTILLA (CORN) 1**

**YAMS (SWEET POTATO OR PLAIN) 1/3 Cup**

**NILLA WAFERS 6**

**½ CUP OF CEREAL, GRAIN OR PASTA IS ONE SERVING**

**1 OZ. EQUALS 1 SLICE OF BREAD EQUALS 1 SERVING.**

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**VEGETABLES**

**½ CUP OF COOKED VEGETABLES**

**1 CUP OF RAW VEGETABLES EQUALS 1 SERVING**

**CARROTS CAULIFLOWER**

**CELERY CHIVES**

**COOLARD GREENS CUCUMBER**

**EGGPLANT ENDIVE**

**LETTUCE LEEKS**

**MUSHROOMS OKRA**

**ONION PARSLEY**

**PEPPERS (GREEN OR RED) RADISHES**

**RUTABAGAS SPINACH**

**SUMMER SQUASH TOMATOES**

**TURNIPS WATER CHESTNUTS**

**ZUCCHINI**

**STARCHY VEGETABLES SUCH AS CORN, PEAS AND POTATOES ARE FOUND ON THE STARCH/BREAD LIST.**

**ALFALFA SPOUTS ARTICHOKES**

**ASPARAGUS BEANS (GREEN, WAX, ITALIAN)**

**BEETS BROCCOLI**

**BRUSSELS SPROUTS CABBAGE**

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**MEAT/PROTEIN**

**BEEF LEAN SIRLOIN, GOOD GRADE**

 **ONCE A WEEK MAXIMUM**

**CHICKEN BONELESS, SKINLESS, BREAST ONLY**

**EGG WHITE 3 = 1 OUNCE**

**FISH COD, HADDOCK, HALIBUT, SEA BASS,**

 **TROUT, TUNA - ONCE A WEEK MAXIMUM**

**TOFU**

**TURKEY LIGHT MEAT, SKINLESS**

**TIPS:**

**1. BAKE, BOIL, BROIL, GRILL OR ROAST THESE FOODS RATHER THAN FRYING WITH ADDED FAT.**

**2. USE A NON-STICK PAN SPRAY OR A NON-STICK PAN TO BROWN OR FRY.**

**3. TRIM OFF EXCESS FAT BEFORE AND AFTER COOKING.**

**4. DO NOT ADD FLOUR, BREADCRUMBS, COATING MIXES OR FAT TO THESE FOODS.**

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**DAIRY**

**BUTTERMILK NONFAT OR 1% 1 CUP**

 **POWDERED, NONFAT 3 TABLESPOONS**

**COTTAGE CHEESE NONFAT 1% 1 CUP**

**MILK SKIM, NONFAT 1% 1 CUP**

 **EVAPORATED, LOWFAT ½ CUP**

 **POWDERED MILK, 1% DRY 3 TABLESPOONS**

**YOGURT PLAIN, NONFAT 1 CUP**

 **PLAIN, LOWFAT 1/2 CUP**

**FATS**

**CORN OIL COTTONSEED OIL**

**MARGARINE OLIVE OIL**

**SAFFLOWER SOYBEAN OIL**

**SUNFLOWER OIL**

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**TIPS FOR PERMANENT WEIGHT LOSS SUCCESS**

**Here are some tips for PERMANENT WEIGHT LOSS SUCCESS that can help you with your new diet and exercise program.**

1. Along with your diet, take one multivitamin in the morning with breakfast. Vitamins and minerals are essential for sustaining optimum health. According to the U.S.D.A., people consuming fewer than 1500 calories per day may have difficulty getting all nutrients recommended. One multivitamin will assure you an intake of 100% of the R.D.A.'s.
2. An afternoon snack is suggested because energy levels typically drop in the midafternoon and most people exercise after work. This will provide a little extra fuel between lunch and breakfast.
3. Make changes gradually, don't try to do everything all at once. It may take longer to accomplish your goals, but the changes you make will be permanent.
4. Read food labels. When you see "DIETETIC" on food labels, it means something has been changed or replaced. It may contain less fat, sodium, or sugar. It does not mean the food is calorie free.
5. Measure food. It is important to eat the right amounts of food recommended. You will learn how to estimate the amount of food you are served. You may want to pay close attention to the first couple of days of your program. Measure all the food you eat and make a note in your handbook. Measure liquids with a measuring cup. Measuring spoons (teaspoon and tablespoon) are used for measuring amounts such as oils and salad dressing. A scale can be used to measure meat, poultry, and fish.

All foods should be measured and weighed after cooking.

1. Exercise is very important. It is helpful while trying to lose weight, and good for your heart and blood vessels. Your weight-loss program is incomplete without an exercise component. Daily exercise can increaseyour metabolic rate, decrease your appetite, and tone muscles while burning excess fat

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