



What happens after WAYT-less™?

WAYT-tain

by

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What is WAYT-tain?



What happens after WAYT-less™?

WAYT-tain! The maintenance program you'll love forever!

Okay, so you've already done our WAYT-less™ program and you've decided that you don't want to stay unhealthy for the rest of your life, so committing to this decision 100% only seems smart. Isn't it amazing that soon you'll find out who you can be after four weeks? Think how quickly each week of our life comes and goes. Imagine how nice it will be to read the last page of this book, knowing that you're free from the trap of procrastination and self-loathing.

Learn more about WAYT-tain!

What is WAYT-tain?

WAYT-tain

The sign you've been waiting for!

YOU are the only person that can SUCCEED!

We believe that it takes four weeks to change your mindset. Four weeks to realize you've never felt better and prove that it's not in your genes, that you can become the absolute best version of yourself! It takes four weeks to prove that YOU can be free! This is why Nu Image Medical brings you a one-of-a-kind, specially compounded maintenance program. We call it WAYT-tain. This program will start right after you finish WAYT-less™. Remember: your maintenance phase is by far one of the most critical steps you should take to stay on track!

WAYT-tain is a proprietary blend that cannot be found in retail stores. It is a custom compounded medication that will help you continue to lose weight. While on this program, you will be able to eat more calories per day, enjoying everyday foods again without cravings or appetite problems. With WAYT-tain, you'll be getting all the help you need while creating your newfound lifelong habits.



There is absolutely nothing to be fearful about; you give yourself the gift of health, energy, peace of mind, confidence, courage, self-respect, happiness, and freedom from the body that isn't satisfying your needs. YOU are the only person who can succeed at it (and hopefully share your success story with others). Our physicians and nutritionist professionals have tailored the plan to YOUR needs, body, habits, work schedule, goals, and even the type of salad you like.

Visualize yourself, set specific goals, and find the core reason why you bought this book in the first place. Write it down. If you were looking for that final kick, wake-up call, or sign – THIS IS IT! The only person who can stand in your way is you. And we bet you don't need us to tell you that. So, trust yourself. Your mental strength will play a big part in you becoming physically strong! All you need to do right now is keep yourself in that positive frame of mind. If you follow our plan, you won't need to wait too long to find out how it feels to reach your goal.

Start program!

WAYT-tain

WAYT-tain will last four weeks and starts after the last day of WAYT-less™. It takes approximately four weeks to stabilize weight after the program. It is very important to adhere to the following guidelines:

You may start eating normally during these four weeks, except you must stick to lean protein sources, non-starchy carbohydrates, healthy fats, and low glycemic carbohydrates. You can slowly add other foods to your diet, as explained below.

- Continue drinking plenty of water daily.
- Increase your protein intake to about 6 oz. per serving.
- You may have any low glycemic fruit or vegetables you wish, but corn, yams, and other starches are prohibited since they are high in carbohydrates.
- You may eat any of the protein choices approved by WAYT-tain.
- You may use extra virgin cooking oil and coconut oil in

WAYT-tain



moderation.

- You may eat cheese, but only low-moisture mozzarella and very sparingly during these four weeks.
- Avoid margarine.
- Seasonings that are low in sodium may be used.
- You may use Celtic sea salt, but very sparingly.
- Limit dairy products if possible.
- Continue to avoid all sweets and starchy carbohydrates.
- You may start drinking low amounts of alcohol, such as a glass of wine, once in a while! (Avoid if possible).

Keep in mind that starchy carbohydrates are the most dangerous during WAYT-tain!

You are allowed to start incorporating very low amounts of healthy fats, such as oils and some other foods, such as avocados. However, it can be challenging to include the right combination of carbohydrates and fats into the regular diet.

During this period, the “starchy white” carbohydrates, such as sugar, rice, bread, pasta, pastries, etc., are very tempting. However, if control is lost and consumption is high, this could lead to disappointing weight gain. Other carbohydrates to avoid are the ones that have high and moderate glycemic index. We recommend good fats obtained from healthy fruits, vegetables, and proteins.

Remember to keep it simple! If you shock your body too quickly and load up on carbohydrates, you risk gaining weight again. You must follow these measures carefully during the first four weeks after the treatment has ended; otherwise, you may gain a few pounds. After the four-week period, you can start adding complex carbs back into your diet in moderation.

Start program!

WAYT-tain

What's standing in your way?



Before you start your WAYT-tain program, let's tap into the main reason why people tend to go back to their old habits after all the hard work they put in during WAYT-less™. That reason is FEAR.

The fear of change and restraint, the fear of getting out of your comfort zone, the fear of making social interactions awkward. The idea that this new diet will change your lifestyle, ruin date nights or meals with your family can be daunting. The thought that it will ruin holidays, birthdays and finally turn you into that annoying person no one wants to sit next to, the one that orders a salad when everyone else is having pizza, is scary.

There's even a chance that deep down, you're unable to visualize an enjoyable life that includes working out and following a diet. You're afraid that life will never be quite as satisfying as it was. Although it is an illusion, it is a powerful illusion.

We're not saying that things won't have to change if you want to be fit, happy, and healthy. However, don't let those "predictable" fears get in the way of your success. After all, there is nothing to give up, only incredible positive gains to achieve. And, if you need more convincing, ask anyone who's lost weight if they ever regret doing it.

What's standing in your way?

How we created your WAYT-tain program

Don't worry, you didn't have to go through WAYT-less™ and waste it all away by not knowing what to eat or what to do after. All the feedback helped our dietitians create a safe and tailored plan for your individual nutrition needs.

We need many different nutrients to maintain good health at every stage of life and avoid diet-deficiency related diseases. The amount of each nutrient required by the body is called the nutritional requirement.

Nutritional requirements have to be defined according to your anthropometric characteristics. That's why following a diet you've found on the internet will never work. That's why following a diet your friend told you about will only make you miserable.

Learn more about WAYT-tain!



Your BMI

Your body mass index (BMI) is a value derived from your weight and height in an attempt to quantify the amount of muscle, fat, and bone in your body. If you know your BMI, you're able to identify yourself as underweight, normal weight, overweight, or obese.

Identifying your BMI and taking the right steps to change it will significantly decrease your chances of developing serious health issues. A healthy BMI index will help you prevent diabetes, stroke, bone, joint problems, sleep apnea, liver problems, and even some types of cancer.

Your body fat percentage

Another important number that helps us evaluate your current health condition is your body fat percentage. In short, it divides your total weight into two categories: fat and everything else.

Obviously, your body needs fat. It protects your organs and joints and keeps you warm. However, it's not healthy to have too much of it.

How we created your WAYT-tain program

Tips and tricks!



1. Give it time!

The hardest part of handling social pressure is getting yourself (and everyone else) over the “hump.” The hump is when your food choices seem strange and new. It’s completely normal to feel this way. Everyone feels a bit weird when adapting to a new habit. You might question whether it is worth the struggle. The only answer is YES, it is! Just give yourself a little time to adjust and prove how strong you are. Remember always to visualize the results you want to achieve – that should be enough to keep you motivated.

2. Eat before going out

Don’t leave your home on an empty stomach. Eat a healthy meal before you go and pack some snacks if you’re planning on staying late. This simple, effective trick will help you avoid overeating at restaurants or buying unnecessary food items when you’re at the grocery store.

Tips and tricks!

3. Order your meal before everyone else

Ever noticed that when you're out with friends and the waiter asks, "What would you like to order?" That half the people order the same thing? Other people can influence our decisions more than we know. If you're eating with a group that is likely to order something that doesn't fit into your diet plan, make sure you order first. This way, it will be too late to change your mind!

4. Always think about your goal

Always remember the reasons why you started this diet in the first place and picture the results you want to achieve after your 28-day challenge is over. If you keep craving junk food, drink a glass of water and think about how having one bad meal would affect your progress. Go back to the satisfaction chart and ask yourself, is it really worth it? When you learn how to look at this "social pressure" monster in a more straightforward way, it won't seem so scary. Plus, now you know how to tame it!

5. Have a one-line explanation ready to go

You don't owe anyone any excuses. You don't need to explain why you are on a diet and how you are trying to change your lifestyle. Don't make it look like a big deal! This will help you avoid unnecessary questions, comments, and opinions. It's YOUR journey, not theirs.



Our powerhouse trio:

Low Dose Naltrexone + Carnitine + Inositol

After successfully completing your WAYT-less™ program, this trio is the perfect ally to help you transition into your new lifestyle. WAYTY-tain is our unique blend of medications that may promote weight loss, fight obesity, keep blood sugar levels in check and prevent insulin resistance. When coupled with a controlled calorie and exercise regime, our trio of medications may help with appetite suppression and craving control. They can also help counteract all the uncomfortable and annoying side effects of low-calorie dieting and may keep you active, motivated, and healthy.

All three medications combined in pill form may promote weight loss and boost energy levels, enabling you to exercise and have high mobility levels during the program. Low Dose Naltrexone may control cravings and modulate appetite. When coupled with Inositol, they may promote adequate blood sugar levels and prevent insulin resistance, while the addition of Carnitine may promote fat oxidation for energy.



**Our powerhouse trio:
Low Dose Naltrexone + Carnitine + Inositol**

What is Low Dose Naltrexone?



Originally created as a medication for patients with addiction, Low Dose Naltrexone creates a neurochemical reaction that works on two areas of your brain, the hunger center and the reward system, to reduce hunger and help control cravings. Low Dose Naltrexone may decrease the pleasure/reward feelings associated with food consumption to promote weight loss. It may also modify appetite, energy levels, hormones, and satiety thresholds after meals.

What is Low Dose Naltrexone?

The science

First, craving is a form of anticipatory reward which is regulated through endogenous opioid and mesolimbic dopaminergic systems. Low Dose Naltrexone reduces alcohol cravings by blocking the anticipatory reward, and so it could be hypothesized that it would reduce food cravings, which induce non-hunger eating.

Second, food intake is a very rewarding process in itself. Food consumption is pleasurable because it induces endorphin release, which is in relative proportion to the fat and sugar content of the consumed food. Thus, Low Dose Naltrexone blocks the rewarding aspects of eating and is shown to decrease food consumption in rodents.



Finally, hypothalamic proopiomelanocortin (POMC) cells are important in appetite regulation because they send a “stop-eating” signal to the brain by secreting melanocyte-stimulating hormone (MSH). MSH is secreted with β endorphin, which does not have any effect on appetite, but provides a feedback inhibition to POMC cells. Since Low Dose Naltrexone blocks this feedback inhibition, it could provide continued MSH release, resulting in appetite reduction.

**Low Dose Naltrexone:
The science**

Low Dose Naltrexone: Benefits

Low Dose Naltrexone may decrease cravings for sugar and carbs by aiding in the control of dopamine signals. Without enough dopamine, you may feel anxious, depressed, fatigued, or dull. To bring back those happy and content feelings that your body wants, it begins to crave sugar and carbs. Low Dose Naltrexone may help decrease these cravings by helping your body restore the natural balance of dopamine. This balance helps your body stay away from unhealthy foods, which means your chance of less weight gain and more weight loss is greatly improved. This medication may also boost your body's sense of fullness, so you have more control over your appetite. Another great benefit is its ability to improve sleep patterns. Not getting enough sleep is also a culprit when it comes to weight gain and inability to lose weight. Low Dose Naltrexone uses your body's circadian rhythm to restore its natural sleep patterns so that you sleep better, which is critical for maintaining a healthy weight.

Last but not least, Low Dose Naltrexone's most well-known benefit is the positive effect it has on reducing inflammation. Low Dose Naltrexone has been commonly used to treat many inflammatory conditions such as fibromyalgia, Crohn's disease, and chronic pain. Inflammation can lead to insulin resistance, diabetes, and heart disease, all of which promote weight gain and obesity. By reducing inflammation, Low Dose Naltrexone may help prevent extreme weight gain and the poor health outcomes associated with obesity.

[Learn more about Low Dose Naltrexone](#)

Low Dose Naltrexone: Benefits

What is Carnitine?



Carnitine is a chemical compound with a composition similar to a natural amino acid produced in the body. It can help the body turn fat into energy, which may aid in weight loss and overall healthy body composition.

What is Carnitine?

Carnitine: The science

Carnitine may help the body turn fat into energy through efficient metabolism. The body has the potential to convert L-carnitine to other chemicals referred to as acetyl-L-carnitine and propionyl-L-carnitine.

The core mechanism of Carnitine in our body, i.e., moving more fatty acids into our cells to be burned for energy, makes us think it would increase our ability to burn fat and lose weight.

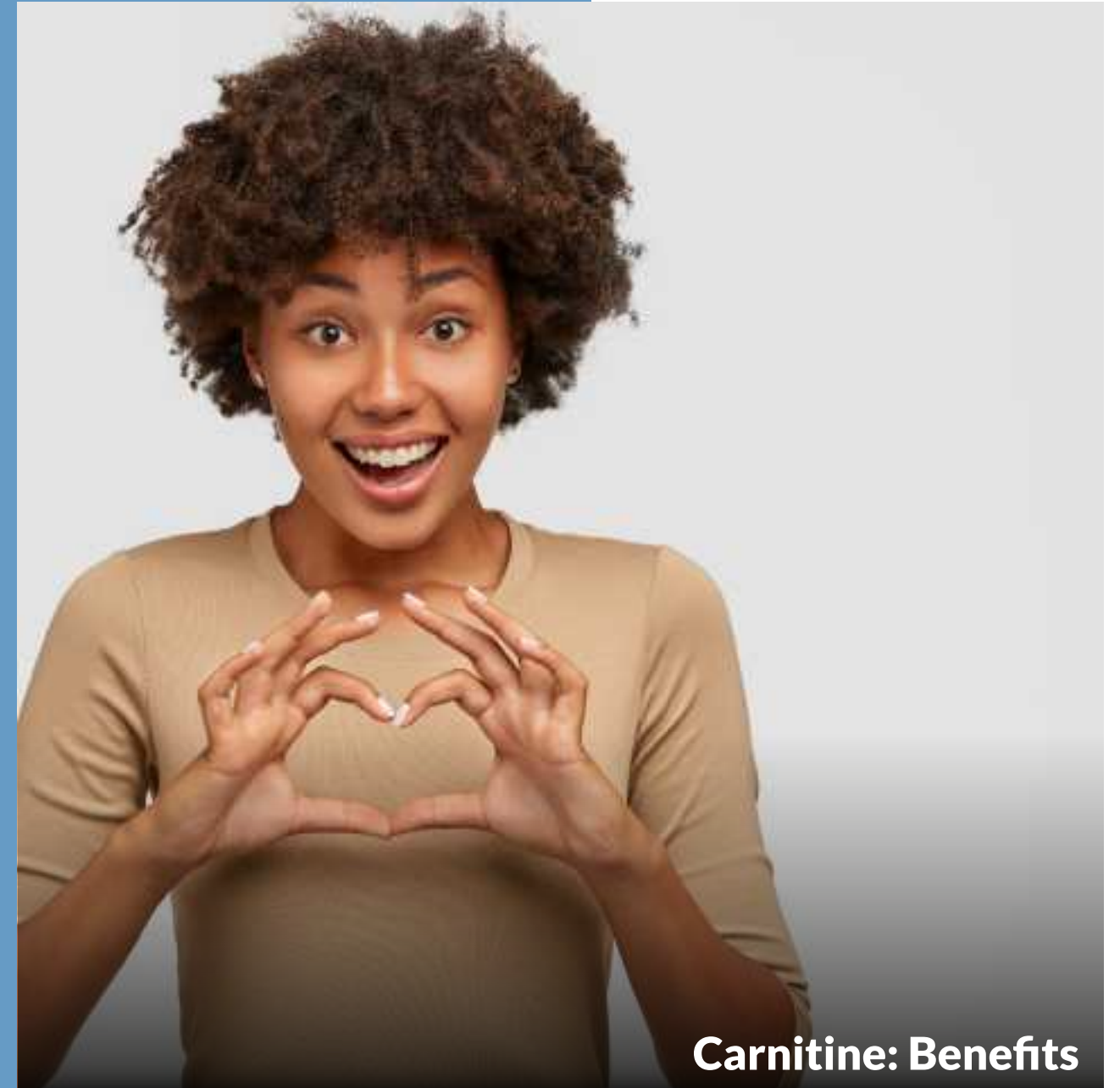


Carnitine: The science

Carnitine: Benefits

By turning fat into energy, Carnitine may help improve heart and brain function, muscle movement, and many other body processes. It may also provide relief for an overactive thyroid, inability to become pregnant within a year of trying to conceive (infertility), severe kidney disease, and many other conditions. However, it is to be noted that Carnitine clinical trials have failed to show improvements for issues such as acne, fatigue, and tiredness in adults, androgenic alopecia, ADHD, autism, arrhythmia, and numerous other illnesses.

[Learn more about Carnitine](#)



Carnitine: Benefits

What is Inositol?



Inositol, a vitamin-like substance, is most commonly found in various plants and animals. Therefore, consuming foods such as fruits, beans, grains, and nuts can help increase Inositol intake. Inositol is either produced in the human body or made in a laboratory and can be found in many forms, the most common of which are Myoinositol and D-chiro-inositol.

What is Inositol?

Inositol: The science

Inositol plays a structural role in the body as a crucial component of cell membranes. Inositol may also improve the action of insulin, a hormone essential for blood sugar control, which helps with insulin resistance. It may also affect brain chemical messengers, such as serotonin and dopamine.

Researchers have been working to prove the effectiveness of Inositol on numerous psychological and physical illnesses. A researcher conducted a double-blind controlled trial of 12 grams daily of Inositol in 28 depressed patients for four weeks. The findings of the research suggested significant improvements in important



chemicals in the brain, including those believed to affect mood, such as serotonin and dopamine.

Similarly, two different studies have confirmed the lower-than-normal level of Inositol in the brain to be the primary cause of severe depression, anxiety, and compulsive disorders.

Inositol: The science

Inositol: Benefits

Inositol might balance certain chemicals in the body to help with mental conditions such as panic disorder, depression, and obsessive-compulsive disorder. Inositol has worked remarkably well in improving conditions such as psoriasis, insulin resistance, cholesterol, triglycerides, and blood pressure in postmenopausal women with metabolic syndrome.

[Learn more about Inositol](#)



Inositol: Benefits

WAYT-tain's role

in fat burning and weight loss



As discussed earlier, Low Dose Naltrexone is commonly used to treat opioid-induced constipation and to block the effects of opioids at a cellular level. The role of Low Dose Naltrexone in fat burning and weight loss, however, is debatable. Studies have shown that some patients tend to do well and lose weight when using this medication, and others have shown that it is not very effective and should not be used. According to a systematic review of various studies concerning the effects of Low Dose Naltrexone in weight loss, the main improvements that it brings about include suppressed appetite, reduced insulin resistance, energy boost, improved sleep patterns, and an increase in growth hormones and thyroid hormonal levels. All of these factors effectively contribute to fat burning and weight loss.

Numerous studies have observed the impacts of Carnitine on weight loss and burning of fat. Research has been conducted by taking a data sample of 32 healthy adult neutered colony-housed cats. A 30-day study

**WAYT-tain's role
in fat burning and weight loss**

revealed that the cats who took Carnitine supplements had a dramatically higher resting energy expenditure (REE) and fat-burning capacity than those who didn't get any. In the end, however, the supplemented cats did not lose more weight than the others. Similarly, another research consisting of a data sample of nine people with obesity found that participants taking L-carnitine lost about 2.9 more pounds (1.3 more kilograms) than those who didn't.

Like Low Dose Naltrexone and Carnitine, Inositol has shown significant improvements in fat burning and weight loss. In a study comprising 92 women with PCOS, half were given 4 grams of Myo-inositol per day for 14 weeks. While those in the Inositol group lost weight, those in the placebo group gained weight. Similarly, another 12-week study in 60 overweight women with PCOS showed that those who took 250 mg of Carnitine per day lost an average of 5.9 pounds (2.7 kg), compared to a 0.2 pound (0.1 kg) gain in the placebo group. While Low Dose Naltrexone, Carnitine, and Inositol supplements certainly won't hurt any efforts to slim down, burning fat at the cellular level won't make a difference without proper diet and exercise modifications.



**WAYT-tain's role
in fat burning and weight loss**

What to eat

in a day

Food type	Quantity	Calories	Fat	Saturated	Carbs	Fiber	Sugar	Protein
Eggs, tofu.	4 large (200 g)	294	20	7	2	0	2	26
Oils (Avocado, coconut, flaxseed, olive, walnut).	25 g (5 tsp)	225	25	5	0	0	0	0
Vegetables Category 1: (Artichoke, arugula, asparagus, broccoli, brussels sprouts, cabbage, carrots, cauliflower, celery, cucumber, green beans, leafy greens, lettuce, mushrooms, onions, peppers, radish, spinach, summer squash, tomato, zucchini). Category 2: (Butternut squash, edamame, peas, pumpkin, turnips).	5 servings (50 g per serving)	120	0	0	27	13	2	8
Lean meats (Bison, bacon, chicken breast, pork, turkey, mussels, salmon, scallops, shrimp, snapper, tuna).	100 g	164	7	2	0	0	0	25
Berries, fruits (Apple, blackberries, kiwi, orange, raspberries, strawberries).	1 cup (130 g)	60	0	0	14	3	9	1
Nuts and seed mixtures, nut butters (Almonds, chestnuts, cashews, hemp seeds, pecans, peanuts, sesame, sunflower, pumpkin, Brazil nuts, hazelnuts, pistachios, pine nuts, chia seeds).	2 servings (20g per serving)	1087	13	2	14	3	1	7
TOTAL		1050	67	14	56	19	14	66

What to eat in a day

Our dietary supplements



Support your WAYT-less™ program with the perfect boost!

Try our premium dietary supplements specifically formulated to help you burn fat, cleanse and strengthen your body, and fortify your way to better health and wellness.

Order yours now!



Supplements

Fifteen-day cleanse



Our fifteen-day cleanse is formulated to help eliminate the waste matter in your digestive tract and rid toxins in your body that prevent weight loss.

It is optimized with senna leaf, cascara sagrada bark, aloe, and more.

Fifteen-day cleanse

Super fat burner



Our super fat burner is packed with vitamins and minerals to help jumpstart your weight loss by boosting your metabolism and burning more daily calories.

It is optimized with over 15 vitamins and minerals, so you feel the burn!

Super fat burner

Biotin

10,000 mcg



Part of the B complex group of vitamins, biotin can help convert carbohydrates into glucose, which is the fuel to produce energy. Biotin also helps support healthy skin, hair, eyes, and liver.

It is optimized with 10,000 mcg of biotin in each dose to help strengthen what matters most!

Biotin 10,000 mcg

Men & women daily pack



Once a day, every day!
Strengthen your health and well-being with our daily packs for men and women.

This vitamin and mineral-enriched formula features a food-based blend with 42 fruits and vegetables, including essential fatty acids and herbal extracts!

Men & women daily pack

Protein

replacement options



We help you support your ideal weight while adding a nutritious, yummy boost to your day-to-day routine! Our meal-replacement whey protein shakes offer a balanced, high-protein on-the-go option to help you reach your weight-related goals without sacrificing taste or nutrient quality. And best of all, without those pesky hunger pangs!

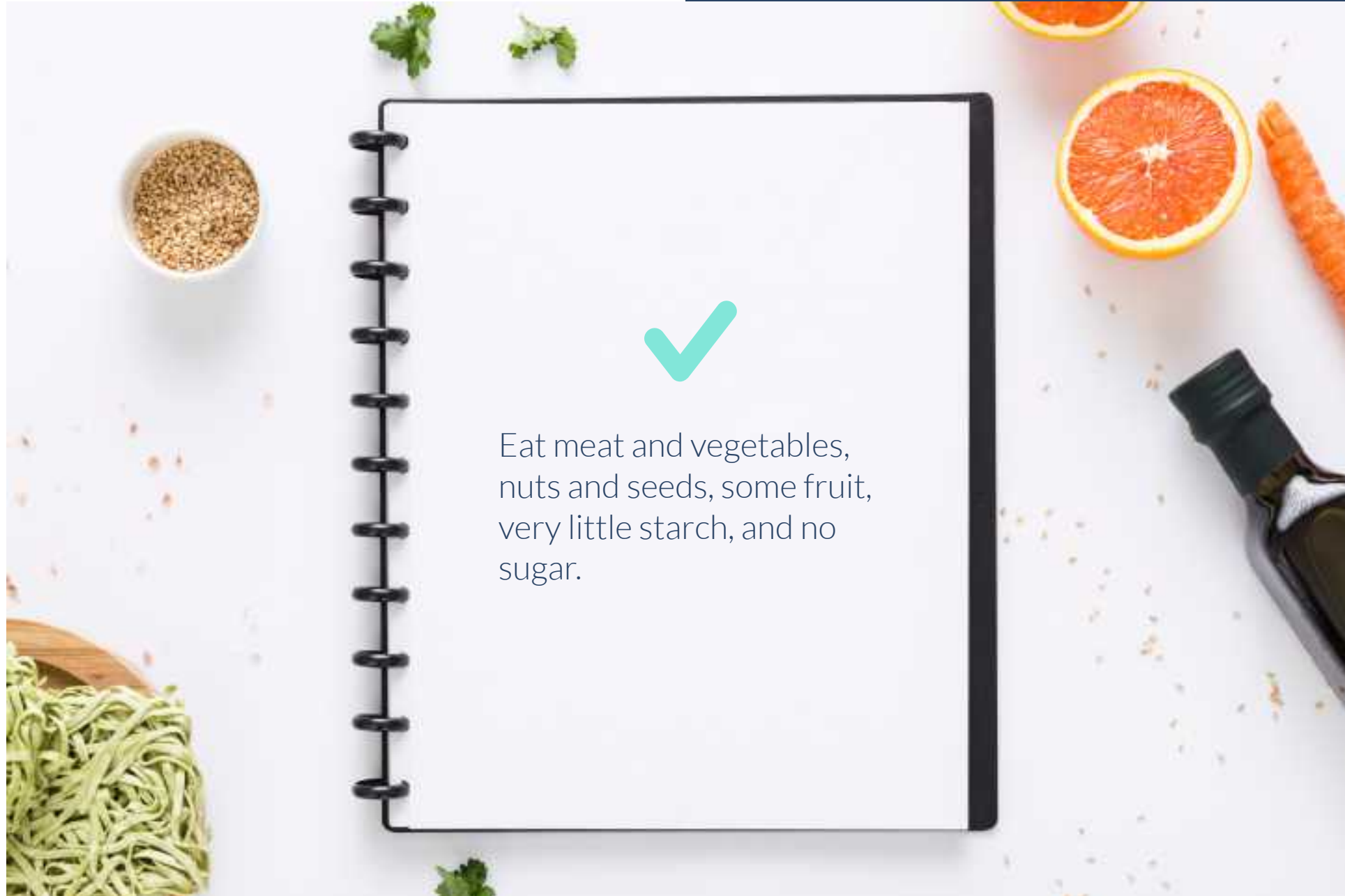
With 26 grams of high-quality whey protein isolate and only 3 grams of carbs, our meal replacement shakes provide an optimal balance of macronutrients and minerals to nourish your body while satisfying your cravings and boosting your protein intake!

Try our meal-replacement whey protein isolate shakes in yummy vanilla, chocolate, and strawberry flavors! Simply blend your favorite flavor with water, shake, shake, shake, and enjoy!

Order yours now!

Protein replacement options

Approved food list



Approved food list:

Protein



- ✓ Canadian bacon
- ✓ Chicken breast
- ✓ Egg whites
- ✓ Ground turkey
- ✓ Pork tenderloin
- ✓ Tofu
- ✓ Turkey breast
- ✓ Veal
- ✓ Venison
- ✓ Catfish
- ✓ Flounder
- ✓ Haddock
- ✓ Mahi
- ✓ Mussels
- ✓ Salmon
- ✓ Scallops
- ✓ Shrimp (Prawns)
- ✓ Snapper
- ✓ Swordfish
- ✓ Tuna
- ✓ Egg white protein
- ✓ Whey protein

Protein

Carbs



Non-starchy

- ✓ Artichoke
- ✓ Arugula
- ✓ Asparagus
- ✓ Beets
- ✓ Broccoli
- ✓ Brussels sprouts
- ✓ Cabbage
- ✓ Carrots
- ✓ Cauliflower
- ✓ Celery
- ✓ Cucumber
- ✓ Green beans
- ✓ Leafy greens
- ✓ Lettuce
- ✓ Mushrooms
- ✓ Onions
- ✓ Peppers
- ✓ Radishes
- ✓ Spinach
- ✓ Summer squash
- ✓ Tomato
- ✓ Zucchini

Starchy

- ✓ Acorn squash
- ✓ Butternut squash
- ✓ Edamame
- ✓ Kabocha squash
- ✓ Peas
- ✓ Pumpkin
- ✓ Turnip
- ✓ Apple
- ✓ Blackberries
- ✓ Blueberries
- ✓ Grapefruit
- ✓ Kiwi
- ✓ Orange
- ✓ Raspberries
- ✓ Strawberries

Approved food list: Healthy fats



- ✓ Almonds
- ✓ Avocado oil
- ✓ Brazil nuts
- ✓ Cashews
- ✓ Chestnuts
- ✓ Chia seeds
- ✓ Coconut oil
- ✓ Flaxseed oil
- ✓ Grapeseed oil
- ✓ Hazelnuts
- ✓ Hemp seeds
- ✓ Hemp hearts
- ✓ Macadamias
- ✓ Nut butter
- ✓ Olive oil
- ✓ Peanuts
- ✓ Pecans
- ✓ Pine nuts
- ✓ Pistachios
- ✓ Pumpkin seeds
- ✓ Rapeseed oil
- ✓ Sesame seeds
- ✓ Sunflower seeds
- ✓ Walnut oil

Approved food list: Combo foods

Picture for illustration purpose only.



Protein + Fat

- ✓ Whole eggs
- ✓ Nuts/nut butter
- ✓ Egg whites + avocado
- ✓ Egg whites + peanut butter
- ✓ Cheese (Cottage, Swiss, or cheddar)
- ✓ Tuna + avocado
- ✓ Turkey + guacamole

Carbs + Protein

- ✓ 0% Greek yogurt
- ✓ Hummus
- ✓ Edamame
- ✓ Chickpeas
- ✓ Oatmeal + egg whites
- ✓ Deli meat + rice cake

Combo foods

Approved food list: Combo foods

Picture for illustration purpose only.



Protein + Carbs + Fat

- ✓ Rice cake + deli meat + avocado
- ✓ Deli meat + hummus roll-up
- ✓ Rx bar/Rx kids bar
- ✓ 0% Greek yogurt + nuts
- ✓ Sweet potato toast + nut butter

Recipes



Recipes



Ingredients

- ✓ Broccoli
- ✓ Zucchini
- ✓ Squash
- ✓ Peppers

Instructions

- ✓ Preheat oven to 400 degrees F.
- ✓ Cut the vegetables into bite-sized pieces.
- ✓ Cover a large baking sheet with foil and spread the vegetables out in a single layer. Drizzle generously with olive oil and sprinkle with sea salt and freshly ground pepper. Toss gently with your hands to coat. Spread out again and place in the oven.
- ✓ Bake at 400 degrees F for 35-45 minutes. Take them out of the oven before the squash becomes too soft.

Roasted peppers, zucchini, broccoli, and squash

Picture for illustration purpose only.



4 ingredient guacamole

Ingredients

- ✓ 2 avocados
- ✓ 1 plum tomato
- ✓ 2 tbsp onions
- ✓ ¼ tsp salt

Instructions

- ✓ Put the avocado in a medium bowl and gently mash with a fork until chunky.
- ✓ Stir in the tomato, onions, and salt.
- ✓ Serve at once or press a piece of plastic wrap directly onto the surface of the guacamole to prevent it from browning and refrigerate up to 3 hours.

4 ingredient guacamole



Ingredients

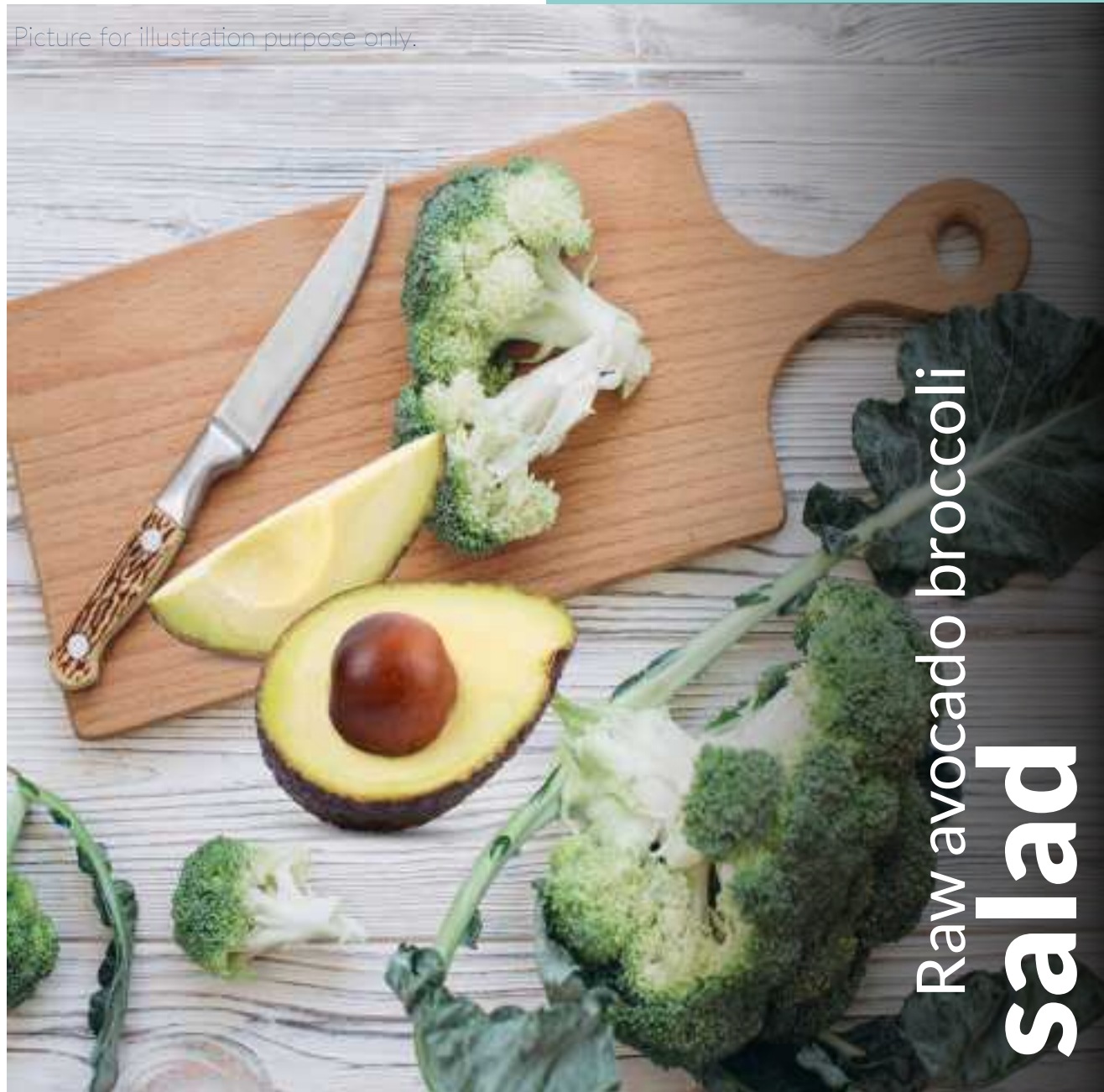
- ✓ Lean ground meat
- ✓ Seasoning
- ✓ Egg
- ✓ Cheese
- ✓ Bun

Instructions

- ✓ Make a hole in the seasoned ground meat and cook in the pan for a few minutes over medium-high heat.
- ✓ Crack the egg in the hole of the ground meat and let it cook for a few minutes.
- ✓ Flip the entire thing over and cover with a slice of cheese for a few minutes.
- ✓ Eat alone or throw it on a bun. Enjoy!

Egg in burger

Picture for illustration purpose only.



Ingredients

- ✓ Broccoli
- ✓ Cheese and nuts (optional)
- ✓ Avocado
- ✓ Your favorite salad dressing
- ✓ Olive oil
- ✓ Lemon juice

Instructions

- ✓ Chop the raw vegetables and toss in olive oil or salad dressing of your choice.
- ✓ You can use almost any vegetables you want (aside from potatoes). It's a great, quick, and healthy recipe!

Raw avocado broccoli salad



Ingredients

- ✓ Black pepper
- ✓ Eggs
- ✓ Green onions
- ✓ Zucchini
- ✓ Spinach
- ✓ Peppers
- ✓ Cooked bacon (Canadian or bison)
- ✓ Salt and black pepper

Instructions

- ✓ Preheat oven to 350 degrees F and grease two muffin pans with olive oil.
- ✓ Whisk all the eggs in a big bowl.
- ✓ In a food processor throw in the green onion, zucchini, bacon, and peppers. Process until finely chopped but not too smooth. Add this mixture to the eggs.
- ✓ Throw the spinach into the processor and finely chop. Add to the eggs and mix well.
- ✓ With a ¼ measuring cup, fill the muffin cups (makes about 18-20 cupcakes).
- ✓ Bake for 20-25 minutes or until the eggs are set in the middle.

Picture for illustration purpose only.



Grilled chicken breast with broccoli florets and cauliflower rice

Ingredients

- ✓ Rice
- ✓ Chicken breast
- ✓ Peppers and onions
- ✓ Cauliflower
- ✓ Broccoli

Instructions

- ✓ Grill the chicken breast seasoned with salt, peppers, and onions.
- ✓ Grate the cauliflower to make cauliflower rice. Steam the grated cauliflower with the broccoli florets. Add pepper and salt.
- ✓ Serve the chicken breasts with the cauliflower rice and broccoli florets.

**Grilled chicken breast with broccoli florets
and cauliflower rice**



Ingredients

- ✓ Bell peppers
- ✓ Pine nuts
- ✓ Olive oil
- ✓ Onion
- ✓ Tomatoes
- ✓ Tuna
- ✓ Salt and pepper

Instructions

- ✓ Roast the red peppers directly over a gas flame or under a preheated broiler, turning occasionally and until charred all over. Transfer the peppers to a bowl, cover the bowl tightly with plastic wrap and let cool. When the peppers are cool enough to handle, discard the charred skin, seeds, and stem. Cut the peppers into ½ inch pieces.
- ✓ In a large skillet, toast the pine nuts over moderate heat, shaking the skillet a few times, until the nuts are golden, brown, and fragrant, about two minutes. Transfer the pine nuts to a plate. Add the olive oil and diced onions to the skillet and cook over moderate heat until the onion is softened, about 5 minutes.
- ✓ Add the red pepper pieces and the chopped tomato and cook, stirring occasionally, until the tomato is softened, about 3 minutes. Transfer the vegetable mixture to a large serving bowl and let cool at room temperature. Add the tuna and toasted pine nuts to the vegetable mixture in the bowl and gently toss to combine.
- ✓ Season with salt and pepper and serve.

Tuna with roasted peppers and pine nuts



Picture for illustration purpose only.

Ingredients

- ✓ Lettuce/Spinach leaves
- ✓ Nut butter
- ✓ Bacon (Canadian or bison)
- ✓ Smoked turkey
- ✓ Grilled mushrooms
- ✓ Peppers

Instructions

- ✓ Dry lettuce leaves and spread nut butter on them.
- ✓ Place crispy bacon, turkey, grilled mushrooms, and peppers on lettuce leaves and roll up.

Bacon and lettuce turkey wraps



Picture for illustration purpose only.

Just fish

Ingredients

- ✓ Celery
- ✓ Onion
- ✓ Asparagus
- ✓ Garlic
- ✓ Sherry
- ✓ Tomatoes
- ✓ Water
- ✓ Lemon juice
- ✓ Red pepper
- ✓ Shrimp
- ✓ Cilantro
- ✓ White fish

Instructions

- ✓ Heat large pot over medium heat. Mix in the celery, onion, asparagus, and garlic. Cook and stir until onion is tender.
- ✓ Stir in the tomatoes, water, and sherry. Add red pepper, salt, and pepper. Bring to a boil, reduce heat to low and simmer.
- ✓ Mix in the cilantro, shrimp, and fish into the stew. Continue cooking for 5 minutes, or until shrimp is opaque and fish is easily flaked.
- ✓ Remove from heat and allow to sit for 10 minutes before serving.

Just fish

Picture for illustration purpose only.



Ingredients

- ✓ Oil
- ✓ Tuna fillets
- ✓ Avocado
- ✓ Lettuce leaves
- ✓ Lemon juice
- ✓ Finely chopped tomatoes
- ✓ Onions

Instructions

- ✓ Heat tuna on a non-stick pan with a little oil.
- ✓ Flesh out the avocado in a bowl and add lemon juice, salt and pepper. Mash it well.
- ✓ On a lettuce leave add the tuna, avocado mash, tomatoes, onions, and roll up. Enjoy.

Tuna lettuce wraps



Ingredients

- ✓ Turkey breast
- ✓ Onions
- ✓ Pepper sauce (black or cayenne)
- ✓ Lettuce leaves

Instructions

- ✓ Place the turkey and onion into the crock of a slow cooker.
- ✓ Stir cayenne pepper sauce and pour over chicken.
- ✓ Cook on low for 6 to 7 hours.
- ✓ Transfer turkey to a large bowl and use two forks to shred it into strands.
- ✓ Strain liquid from the slow cooker crock into a bowl to serve on the side.
- ✓ Spoon turkey into lettuce leaves.

Slow cooker turkey lettuce wraps



Ingredients

- ✓ Baby artichokes
- ✓ Olive oil
- ✓ Asparagus
- ✓ Spinach leaves
- ✓ Lemon juice
- ✓ Salt and pepper
- ✓ Pine nuts

Instructions

- ✓ Cut artichokes length-wise and mix with the rest of the ingredients.
- ✓ Roast in the oven for 10-15 minutes until almost done and beginning to brown.
- ✓ Serve.

Roasted asparagus and baby artichokes

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Tomato broth poached white fish

Ingredients

- ✓ Onions
- ✓ Peppers
- ✓ White fish fillets
- ✓ Diced tomatoes
- ✓ Water

Instructions

- ✓ Heat oil in a skillet over medium heat. Stir peppers and onions and cook until the onion has softened and turned translucent, about 5 minutes.
- ✓ Add white fish, tomatoes, and water. Bring to a boil, cover, and remove from heat.
- ✓ Let sit covered until fish flakes easily with a fork, about 10 minutes.

Tomato broth poached white fish

Picture for illustration purpose only.



Ingredients

- ✓ Tuna fillets
- ✓ Salt and pepper
- ✓ Lemon juice
- ✓ Onions

Instructions

- ✓ Preheat oven to 400 degrees F (200 degrees C).
- ✓ Place the tuna on a baking dish and season with salt and pepper.
- ✓ Mix the lemon juice and onion together in a bowl and pour over the tuna.
- ✓ Bake in the preheated oven until the fish is opaque and flakes easily with a fork, about 25 to 30 minutes.

Easy baked fish fillet



Chinese steamed fish

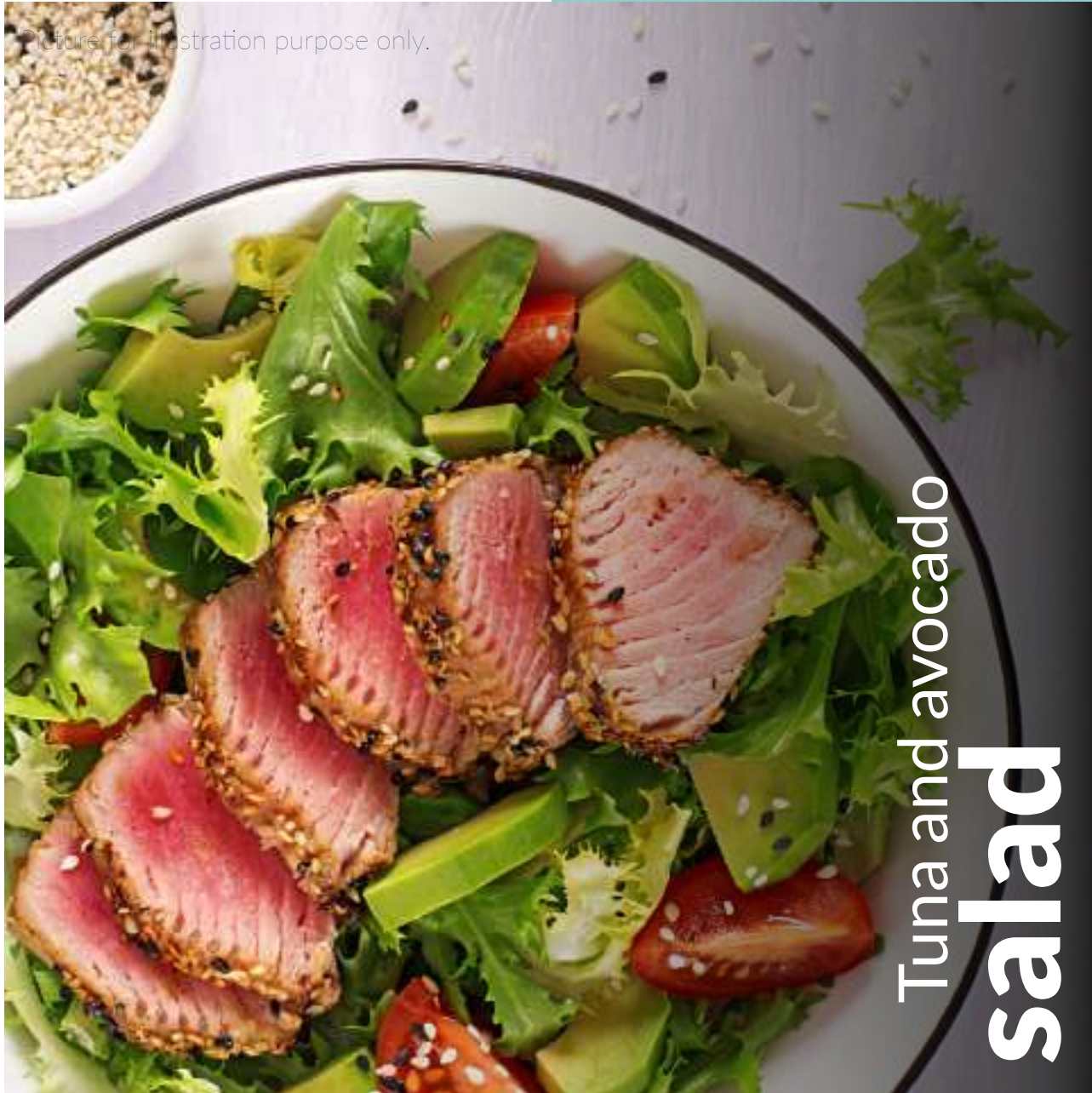
Ingredients

- ✓ Tuna fillet
- ✓ Salt
- ✓ Black pepper
- ✓ Ginger
- ✓ Coconut oil
- ✓ Red chile peppers
- ✓ Tomatoes
- ✓ Cilantro

Instructions

- ✓ Bring about 1½ inches of water to boil in a steamer fitted with a basket large enough for the tuna to lie flat. Season the tuna with salt and pepper, and place in the steamer basket. Top fish with ginger, and drizzle oil.
- ✓ Place the tomatoes and red chile peppers in the steamer basket.
- ✓ Steam fish for 15 minutes, or until easily flaked with a fork.
- ✓ Sprinkle with cilantro. Coconut oil is the only oil aloud.

Chinese steamed fish



Tuna and avocado
salad

Picture for illustration purpose only.

Ingredients

- ✓ Oil
- ✓ Lemon
- ✓ Tuna
- ✓ Avocado
- ✓ Tomatoes
- ✓ Roasted nuts
- ✓ Spinach
- ✓ Peanut butter
- ✓ Pepper and salt

Instructions

- ✓ Mix all the ingredients in a bowl.
- ✓ Serve.

Tuna and avocado salad



Ingredients

- ✓ Onion
- ✓ Coconut oil
- ✓ The heart from 1 large artichoke
- ✓ Garlic cloves chopped
- ✓ Lemon zest
- ✓ Vegetable stock
- ✓ Bay leaf
- ✓ Sprigs of thyme
- ✓ Sprigs of parsley
- ✓ ¼ tsp cracked black peppercorn
- ✓ Spinach
- ✓ Salt to taste

Instructions

- ✓ Melt 1 tbsp of coconut oil on a medium dutch oven or pot over medium heat. Season with a pinch of salt and pepper. Cook, stirring occasionally.
- ✓ Add 1½ tsp of chopped fresh thyme and 2 cloves of garlic. Cook and stir for about 2 minutes.
- ✓ Add one cup of homemade vegetable broth, the artichoke heart, one bay leaf and ½ lemon zest to the pot and bring to a simmer. Cook until the vegetables are very tender, 10 to 12 minutes.
- ✓ Add two cups of spinach; cook until the spinach is wilted, about 4 minutes. Remove the bay leaf and lemon zest.
- ✓ Working in small batches, transfer the soup to a blender and puree with one cup of fresh parsley. Return to the pot and season with salt. Reheat and serve.

Spinach artichoke soup

Ingredients

- ✓ Tuna (drained & flaked)
- ✓ Hummus
- ✓ Lemon
- ✓ Orange juice
- ✓ Tomatoes
- ✓ Peppers
- ✓ Spinach
- ✓ Shredded carrots and cucumbers
- ✓ Onions

Instructions

- ✓ Mix all the ingredients in a bowl.
- ✓ Serve.

Tuna hummus salad



Tuna hummus
salad

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Tuna and edamame salad

Ingredients

- ✓ Tuna
- ✓ Olive oil
- ✓ Lemon
- ✓ Salt and pepper (flaked)
- ✓ Carrots
- ✓ Edamame (cooked)
- ✓ Peppers
- ✓ Tomatoes

Instructions

- ✓ Mix all the ingredients in a bowl.
- ✓ Serve.

Tuna and edamame salad



Picture for illustration purpose only

Ingredients

- ✓ Olive oil
- ✓ Mushrooms
- ✓ Ginger
- ✓ Onions
- ✓ Asparagus
- ✓ Artichoke
- ✓ Tomatoes
- ✓ Salt and pepper

Instructions

- ✓ Warm oil in a skillet and add the ginger, mushrooms, and asparagus. Add the artichoke, salt and pepper and cook, then add tomatoes.
- ✓ Add rest of the ingredients in a pan and toss. Serve.

Asparagus, artichoke, and mushroom saute

Picture for illustration purpose only.

Roasted chicken with butternut squash and brussels sprouts

Ingredients

- ✓ Sprouts (trimmed and halved)
- ✓ Butternut squash
- ✓ Onion
- ✓ Orange juice
- ✓ Olive oil
- ✓ Salt and pepper
- ✓ Chicken
- ✓ Fresh celery leaves

Instructions

- ✓ Preheat oven to 450 degrees F. Combine the sprouts, celery leaves, squash, onion, garlic, and ginger in a large bowl and bake it.
- ✓ Combine olive oil, orange juice, pepper, and salt in a bowl.
- ✓ Coat chicken with this marinade and arrange the chicken on top of the brussels sprouts and squash. Bake for 30-40 minutes and serve.

**Roasted chicken with butternut squash
and brussels sprouts**



Ingredients

- ✓ Carrots
- ✓ Kale
- ✓ Brussels sprouts
- ✓ Onion
- ✓ Orange juice
- ✓ Oven-dried nuts
- ✓ Nut butter
- ✓ Olive oil
- ✓ Seasonings and salt

Instructions

- ✓ Toast the nuts. While the nuts are toasting, shred the brussels sprouts and kale.
- ✓ Mix together the ginger, salt, carrots, seasoning, orange juice, olive oil, onions, nut butter, and keep this marinade aside.
- ✓ Mix together all the ingredients. Serve.

Kale and brussels sprouts salad



Ingredients

- ✓ Olive oil
- ✓ Orange juice
- ✓ Salt and pepper
- ✓ Brussels sprouts
- ✓ Sliced avocado
- ✓ Pumpkin seeds
- ✓ Sliced apple

Instructions

- ✓ Combine all the ingredients in a bowl along with the dressing.
- ✓ Serve.

Avocado, apple, and brussels sprouts salad



Ingredients

- ✓ Bacon (Canadian or bison)
- ✓ Brussels sprouts
- ✓ Kiwi
- ✓ Chopped kale
- ✓ Nuts
- ✓ Apple
- ✓ Nut butter
- ✓ Olive oil
- ✓ Orange juice
- ✓ Salt and pepper

Instructions

- ✓ Prepare the dressing by adding orange juice, pepper, salt, nuts, and nut butter.
- ✓ Pour over vegetables and fruits and mix together.

Brussels sprouts salad with apple, kiwi, and bacon



Brussels sprouts with roasted beets

Ingredients

- ✓ Beets
- ✓ Olive oil
- ✓ Orange juice
- ✓ Pepper
- ✓ Salt
- ✓ Brussels sprouts
- ✓ Butter
- ✓ Walnuts
- ✓ Roasted and roughly chopped nuts
- ✓ Roasted peppers
- ✓ Nut butter

Instructions

- ✓ Preheat oven to 400 degrees F. Wrap beets in foil paper and drizzle with olive oil and salt.
- ✓ Bake until beets are tender.
- ✓ Remove the skin of the beets and put them in the fridge for a couple of hours.
- ✓ Prepare brussels sprouts.
- ✓ Prepare the dressing and combine all the ingredients. Serve.

Brussels sprouts with roasted beets



- ✓ Include all the ingredients mentioned in the table “what to eat in a day” as per quantity.
- ✓ Choose variety.
- ✓ Use swaps for food groups; the foods eaten in week one can be replaced by the other foods of the same category for the other weeks.
- ✓ Use kale, spinach, and celery for wrapping.
- ✓ Choose three servings of the vegetable category 1, and two servings of the vegetable category 2.
- ✓ Onions and green leafy veggies can be used liberally as a way to spice up foods.
- ✓ You may swap any vegetable from the same category in the recipe.
- ✓ For salad dressings and marinating, use olive oil, orange juice, salt and pepper, and ginger (all whisked and combined).



What happens after WAYT-less™?

WAYT-tain

by

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