

NUTRITION GUIDE

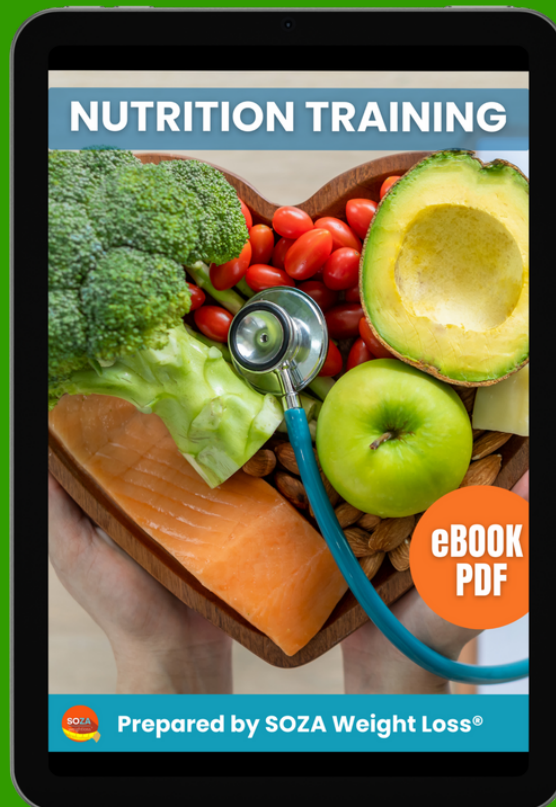


**eBOOK
PDF**



Prepared by SOZA Weight Loss®

How-to Use this PDF eBook



- 1. Download on your tablet
or Print it out**
- 2. Read and re-read**
- 3. Apply the key steps**



The **SOZA** RAPID WEIGHT LOSS PROGRAM!

We are committed to offering you the

BEST possible weight
loss program.

Everyone deserves to be healthy and happy. Unfortunately, people aren't getting healthier, and obesity has only worsened.

Our dedication to empowering the individual has never wavered. For years, our amazing network of providers has helped impact and transform thousands of lives to create a health revolution. That impact has, in turn, inspired families, friends, colleagues and communities to do the same.



SOZA to
be whole,
complete

The **SOZA**
RAPID WEIGHT LOSS
PROGRAM!

SOZA is a **non-prescription holistic doctor-recommended rapid weight loss program** that combines short-term weight loss strategies with long-term sustainable eating habits designed to help people lose up to 15% of body weight, emphasizing losing fat, not muscle.

It consists of three parts

1. Support and Accountability
2. SOZA's 60-Day Supplements
3. Following a mildly ketogenic protein-rich Mediterranean-style diet.

and three phases

1. Initiation Phase
2. Rapid Weight Loss Phase
3. Lifestyle Phase



WELCOME TO

SOZA's Nutrition Program

Evidence-based tips to support healthy weight loss

Special eBook PDF created for you

Dear Friend,

Your time and energy is valuable. The last thing you need is a fad diet. We understand and want you to know we take your weight loss and wellness journey very seriously.

We want you to succeed by losing stubborn body fat, feeling good, and looking good.

Our program is not just another fad diet; it's a well-researched plan based on our one-on-one experience working with people like yourself. We understand that you are unique, and this program is designed to be adaptable to your specific needs and lifestyle.

Unlike unverified online advice and questionable celebrity-endorsed diets, SOZA Weight Loss provides credible, anecdotal and evidence-based strategies for achieving and maintaining a healthy weight.

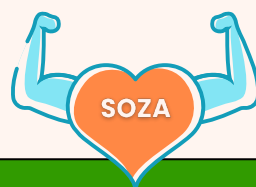
In this eBook, we'll provide an overview of the SOZA Weight Loss dietary program.

This is your additional resource, a refresher to which you can turn whenever you need clarification or motivation. Here, you'll find insights into how our program works, the science behind it, and practical tips for integrating it into your daily life.

We believe in a holistic approach to weight loss. It's not just about shedding pounds; it's about enhancing your overall health, reducing the need for medications, and improving your well-being. And yes, it's also about feeling confident and looking great!

Here's to Your Health,

The SOZA Weight Loss Team





Why don't we just follow the USDA dietary guidelines?

Considering that the A in USDA stands for agriculture, it's primarily concerned with the agricultural industry and not necessarily our health.

Let's not forget that the USDA practically criminalized eating dietary fats at some point, changing our food system to high carb and high sugar. We know that was a big mistake and contributed to obesity and sickness.

However, there has been some improvement, and eventually, the USDA will prioritize the health of the American people first.

This may sound unfair, but we must acknowledge where we were and are now.

Still, we are a bunch of optimists here. We're getting there!



Sustainable diet!

The SOZA Weight Loss program emphasizes a diet rich in nutrient-dense and low-energy foods:

Lower Carb Phase

**High-quality proteins
Healthy Fats
Vegetables & Unlimited greens
Occasional legumes
Moderate organic dairy**

Lifestyle Phase

**High-quality proteins
Healthy Fats
Vegetables & Unlimited greens
Occasional legumes
Moderate organic dairy
Complex Carbohydrates**

All within the framework of a **low-carb, Mediterranean-style eating** plan. This approach aims to facilitate weight loss through mild ketosis while ensuring the intake of nutritious foods low in calories.



What are nutrient-dense foods?

Nutrient-Dense Foods

Just like how they are described, they are good for your, full of nutrients and don't have a lot of calories. They're packed with things your body needs, like vitamins and minerals.

These foods help keep you healthy and feeling good.

- Fruits like apples, berries, and oranges.
- Vegetables such as broccoli, spinach, and carrots.
- Lean proteins including chicken breast, fish, and tofu.
- Whole grains like brown rice, whole wheat bread, and quinoa.

What are low-energy foods?

Low Energy Foods

This means foods that don't have many calories. Eating fewer calories helps you lose weight. The SOZA program encourages eating foods that make you feel full but don't have lots of calories.

Think of eating fresh foods instead of things from a package that might have added stuff that isn't so good for you.

- Leafy greens like lettuce and kale.
- Non-starchy vegetables such as cucumbers, tomatoes, and zucchini.
- Low-calorie fruits like watermelon and strawberries.
- Broth-based soups.



A Mediterranean-Style Diet?

This heavily and most researched diet is arguably one of the best diets in the world, and has recently been voted the best diet for the seventh year in a row.

But, in addition to that, the same research has shown that, a protein-rich and moderately low carb, Mediterranean-style diet has remarkable nutrition principles to get you to achieve a healthy weight, and reduce your risk of chronic illnesses.

Because of this, it is the foundation of our program.



AMERICAN BOARD
of OBESITY MEDICINE

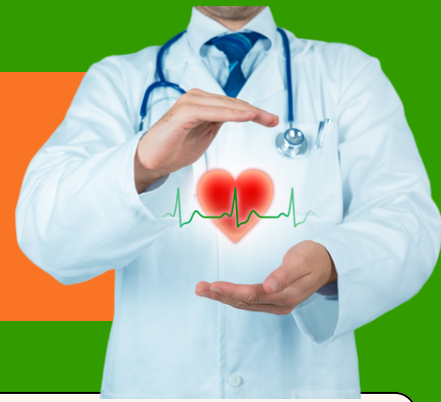


American
Heart
Association®



American
Diabetes
Association®

The Health Benefits of a Mediterranean-Style Diet



Heart Protector

Imagine a diet that acts like a guardian for your heart! The Mediterranean diet does just that. It's like a health superhero, swooping in to lower bad cholesterol, keep blood pressure in check, and slash the risk of obesity. Studies show it's a heart's best friend, reducing cardiovascular disease risk by a quarter. Even for those with heart conditions, this diet is a game-changer, making hearts healthier and happier.

Cancer Shield

It's like having an internal army fighting against cancer. The diet is packed with antioxidants and omega-3s, reducing the risk of various cancers, including breast and prostate. Think of it as a cellular-level bodyguard, reducing inflammation and shielding DNA from damage. This diet doesn't just feed you; it defends you!

Diabetes? No, Thanks!

Contrary to popular belief, the Mediterranean diet isn't a carb monster. It's actually a diabetes-buster, cutting the risk by half. It's all about blood sugar control and maintaining a healthy weight. For those just diagnosed, this diet could mean a sweet 'see you later' to immediate medication. A win-win for taste buds and blood sugar levels!

Brainpower Booster

The Mediterranean diet is brain food at its best. It's linked to slower mental decline and a 40% lower risk of Alzheimer's. It's like a gym for your brain, keeping it sharp and agile. Studies even suggest it could delay cognitive decline by a decade. It's your brain's secret weapon for staying young and witty.

Fountain of Youth

This diet isn't just about adding years to your life; it's about adding life to your years. It's linked to longer life expectancies and a better quality of life in those golden years.

Mood Elevator

Feeling blue? The Mediterranean diet might just be the mood booster you need. Rich in brain-protecting antioxidants, it's linked to a lower risk of depression. It's like eating your way to happiness, improving moods and bringing more sunny days.



Here's the good news.

You adapt the principles of a Mediterranean-style diet to your local cuisine.

Mediterranean-Style Diet adapted to your local cuisine

We made a French Meal Plan



We made a Mexican one!

And an Italian one!





So here's what we are asking you to do

The bulk of the program is the phase two part, where you'll go on a low-calorie, nutrient-dense, protein-rich diet based on the Mediterranean diet's principles, along with our supplements and a wellness lifestyle.

The research shows this is VERY EFFECTIVE in losing stubborn body fat and visceral fat fast and improving your health quickly.

1

This will cause you to enter a mildly ketogenic metabolic state where you will feel satiated and won't be hungry.

2

You will approach the program in phases, where in the short-term, you will hone in on getting the weight off, build upon principles, and then transition into a longer-term, more sustainable program.

There's absolutely nothing crazy about the diet; it consists of foods you would buy in your local grocery store and foods that dietitians would recommend you eat for the rest of your life. It's duplicated by researchers to treat type 2 diabetes successfully.

How will you feel?



Protein-rich meals will keep you full and satiated all day long



The nutrition program will break your sugar and carb addiction



The SOZA three-part program will rev up your fat-burning potential.



You won't feel deprived and no need to count calories



You'll have the resources and support to see it through

**The SOZA program is
meant to combine
short-term weight
loss strategies with
long-term
sustainable eating
habits.**

**HOW you lose weight
is very important.**

**You want to lose as
much FAT as possible
and NOT muscle.**

**How you lose weight
could dictate whether
you will regain it or
not.* ➡**



Won't You Regain the Weight Back?

What we've learned and the research shows that losing **weight** dictates how you'll gain the back. The most influential research provides that if you lose weight rapidly on intense exercise programs and eat a low-fat diet like the contestants on The Biggest Loser show, the theory (set point theory) is that your body's hormones will work against you to regain the weight.

Not all weight loss programs are equal. This is not a FAD diet.

The importance is to lose a much higher ratio of fat to muscle.

However, observational research has shown that no matter what weight loss program you do, you can regain weight if you resort to previous habits. Keeping weight off depends on your environment, socioeconomic status, genetics, stress, exercise, medical conditions, and lifestyle.

Any obesity specialist doctor will tell you that fat loss is more important than weight loss.

To avoid regaining weight, many obesity specialists recommend the Mediterranean diet!



“Do I Have to Count Calories?”

That’s up to you. You don’t have to. Some like to be very careful and keep track of points and calories. Others prefer to avoid counting calories and get turned off by the idea. Both types are excellent for this program.

Here's an easy way to remember what to do:

- Eat three proteins daily, just enough to make you feel full. If you're still hungry, it's okay to eat more protein.
- Consider eating protein at every meal.
- Have fruits as snacks or protein snacks.
- Add some good fats to your meals.
- You can eat as many green veggies as you want.
- Make sure to have at least two cups of different veggies with every meal.

After a week you’ll get used to it.

There are Three Phases on the SOZA Weight Loss Program

How it is implemented

Phase 1 Initiation Phase

We recommend that you increase your intake of dietary fats for the first two days of the program. This is not a green light to eat junk foods, etc., but to prep the body for the rapid fat loss phase. Healthy fats are best!

You do not **'have'** to do this phase, but we've seen that it provides mental preparation, and our anecdotal evidence has seen potentially better results when they do this phase.

Phase 2 Rapid Fat Loss

When you have more glucose (commonly eating high-carb foods) than your body needs for energy, it eventually gets stored as body fat. When you eat a low-carb diet, your body has less glucose to run on. So, it starts to use your fat stores instead. We follow the principles and the best parts of the Mediterranean style-diet.

The SOZA supplements and lifestyle behavior modifications will help make this easier and faster.

Phase 3 Lifestyle

Once you have reached a healthy weight and want to discontinue the rapid weight loss phase of the program, they increase your intake of nutritious, unprocessed complex carbohydrates, like whole wheat pasta, rice, and grains. A great diet to follow is a Mediterranean-style diet, or adapt the principles of the diet to your local cuisine.

PHASE 1: INITIATION

Starting the SOZA Weight Loss Journey: The Initiation Phase

The first step is what we call the Initiation Phase. It's a quick, two-day process, but we've found it helpful for your body to prep for phase two.

What happens in the Initiation Phase?

For the first two days, you can eat more than usual. But it's not just about enjoying extra food. This phase helps your mind and body prepare for the weight loss phase, which is phase 2 of our program. The plan is to help your body switch its primary fuel from sugar to stored body fat.

Your Eating Plan:

Don't worry about counting calories these two days. You aim to eat until you're comfortably full, focusing on **healthy, fat-rich foods**. We do not advocate eating fast foods and junk foods. This phase is about eating more healthy, fat-rich foods for metabolic purposes.

A Quick Recap:

So, that's the Initiation Phase for you! It's a recommended way to prep your body for phase two of the SOZA program.

Remember, these two days of eating a bit more are all part of your journey to losing weight.



Get Your Pantry Ready



Get your
pantry
ready

Truth is behind the saying 'out of sight, out of mind.' It's just too hard to resist 'treat food' if it's right before you.

We recommend that you clear out the following foods:

- **Snacks, Cookies, Sweets, Candies**
- **Chocolate (apart from dark chocolate that has over 80% cacao)**
- **Breakfast cereals**
- **White breads**
- **Pastas**
- **White rice**
- **All drinks**
- **Prepackaged foods.**

And, of course, any other food you consider 'junk'.

Getting rid of this food is more accessible if everyone in the house is happy to have it gone; however, it can be more difficult if you have young kids or a partner who isn't doing the diet. It may sound ridiculous, but if this is the case, we recommend you get your partner to hide any 'treat' food from you.

Or even keep the treats in a locked cupboard and ensure only your partner can access the key.

Get Your Pantry Ready

Now, fill your cupboards with healthy food.

Now for the fun part! If you've already removed the junk, your cupboards may look a bit bare. We will supply weekly shopping lists, which you can use to help fill those empty shelves. Meanwhile, before you start the program and meal plans, we recommend that you have the following foods on hand to begin making healthy decisions in the kitchen.

- **A large bottle of extra virgin olive oil** – try to use olive oil when cooking.
- **Non-starchy vegetables** – read more about leafy green and non-starchy veg
- **Non-tropical fruit** – which should include berries, apples, and pears. In phase two, stay clear of sweet tropical fruits such as mangoes, pineapples, grapes, and bananas, as these can be quite calorific and full of sugar. Fruit is a great alternative to sugary snacks if you feel like something sweet, but try and limit this to 2 pieces a day.
- **High-quality organic dairy products** – such as whole and low-fat Greek yogurt, goats' cheese, and butter – try to incorporate these healthy fats into your diet.
- **Unsalted and unsweetened nuts** – try to get a variety of nuts, including almonds, macadamia nuts, and hazelnuts.
- **Smart swap out high**-carb foods like pasta, white rice, and white bread for cauliflower rice, zoodles, and miracle noodles.
- **Eggs** – make sure you always have eggs on standby! These are excellent protein sources and will keep you feeling fuller for longer. We recommend starting the day with eggs a few times a week.
- **Oily fish** – keep some salmon and tuna handy and experiment with ways in which you might like to cook these omega-3-rich foods. Smoked salmon goes well with eggs for breakfast, and canned tuna can be a great snack or lunchtime alternative.
- **Soda/Sparkling water** – as most soft drinks and juices are full of sugar (or artificial sweeteners), we recommend you stay away from them. Soda water is a good alternative and can help ease hunger pains. Try adding a piece of lemon, lime, or cucumber for flavor.
- **Herbal teas** – are again a great alternative to sugary drinks. Start to experiment with flavors and treat yourself to a few different options. Be aware that some herbal teas contain caffeine, so make sure you moderate your consumption of any caffeinated tea.

PHASE 2: RAPID FAT LOSS

Short-Term

This is the defining phase of the program, where you will experience a dramatic transformation. You can stick to the structure in this phase and lose up to 4-7lbs a week. This will slow down later, and that's expected.

The most fat loss occurs in the first month and slowly comes off afterward. You want the most significant changes initially and then a slow, sustained weekly burn of 1-2 lbs weekly.

Initially, it could take a few days to a week to adjust, but this is quickly done by drinking more water, adding more healthy foods, and eating more protein.

This is a low-calorie diet because whole, nutrient-dense foods are lower in calories than fatty, processed, sugary-laden foods.

Our most straightforward and quickest advice to make phase two easier is to ensure you eat adequate protein in every meal, especially your first meal. This advice is to be kept with you forever. Research shows that most people think they are eating enough protein, but our ratio of carbs and fat is ridiculously high.

We have meal plans, recipes, and a support program.

Thousands of people have lost weight and improved their health; trust in the program and go for it.

You got this.



**THE MOST FAT LOSS
OCCURS IN THE FIRST
MONTH, LOSING 4-7 LBS A
WEEK AND SLOWLY
AFTERWARDS.**

**YOU WANT THE MOST
SIGNIFICANT CHANGES
INITIALLY AND A SLOWER,
SUSTAINED WEEKLY BURN
OF 1-2 LBS WEEKLY.**



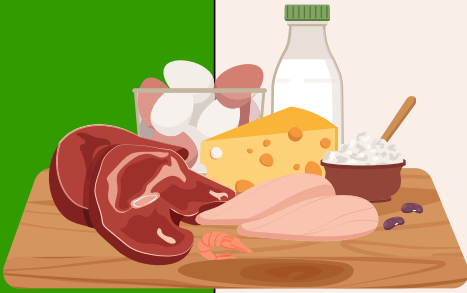
**LOW CARB
DOESNT MEAN
NO CARB**

**LOW CALORIE
DOESN'T MEAN
LITTLE FOOD**

**Next are the foods allowed on
Phase Two (P2) diet phase**



Foods Allowed



White & oily fish, shrimp, chicken, turkey, pork, beef, yogurt, organic dairy products and eggs for protein. vegan & veggie proteins like edamame, , and nuts and seeds.



Heart-healthy fats like those found in fish, avocados, nuts, and olive oil. These good fats help your heart stay strong.



Non-starchy veggies like leafy greens, broccoli, cauliflower, and bell peppers. They're full of vitamins and low in calories, making them good for your health.



Low-sugar fruits like berries, green apples, and kiwis. They're tasty, healthy, and won't spike your blood sugar too much.



Rice, pasta potatoes

Flour-Based Foods



Processed foods

Salty packaged Snacks



Baked sugary foods



Sweet Fruits

**It will take you
roughly two to
three days for your
sugar and carb
cravings to go
away.**

It's so worth it!



Why won't you feel hungry?

The plan is designed to help your body use its fat for energy (get those calories from fat).

Think of your body like a car running on gas, but with a vast reserve tank of diesel, it's never used. The SOZA program is like flipping a switch that lets your vehicle start using that diesel. Since most of us have a lot of this "diesel" (our body fat), our body has plenty of fuel to burn through.

This process naturally keeps you feeling full and energized because you constantly use energy from your fat reserves (NOT YOUR MUSCLE).

So, you won't feel as hungry as you might expect on a typical diet, making it easier to stick to the program and see results.

But this doesn't happen because you cut your calories; you're in a mildly ketogenic state, protein-rich and low-carb. It's been made more accessible because of the supplements to help and because you're incorporating sustainable principles from the Mediterranean diet.



Eat protein at every meal.

Starting your day with a protein-rich breakfast can suppress your hunger hormone and prevent you from eating as much for the remainder of the morning.

Popular High-Protein Breakfast



- 1 to 2 scoops low carb any protein powder
- 1 cup mixed berries
- 1 -2 cups unsweetened any nut milk
- Lots of ice
- 1 tsp of erythritol

You can also add Greek Yogurt or half an avocado to make it creamy!



Eat unlimited greens & non-starchy vegetables

Eat as much as you want! You can have as many non-starchy veggies and leafy greens as you want. Some people may get upset in their stomachs from consuming too many non-starchy veggies. Most of you, however, do not get as much as recommended.

So go for it! Pile them up all day and whenever.

Cabbage
Spring Greens
Chard
Kale
Spinach

Green Beans
Zucchini
Broccoli
Tomatoes
Leafy Salad
Green Leaves



Olive oil and lemon make the best dressing



Tip:

Opt for a protein add-on or more non-starchy vegetables instead of carbohydrates when adding something extra to your plate.

Salad and Veggie Dressings



Lemon Herb Vinaigrette

Servings: 2

Ingredients:

- Juice of 1 lemon
- 2 tbsp olive oil
- 1 tsp dried Italian herbs or a mix of oregano, basil, and thyme
- 1 small garlic clove, minced

Instructions:

- Combine lemon juice, olive oil, herbs, and garlic in a jar.
- Shake well to combine.
- Season with salt and pepper to taste.

Apple Cider Vinegar Dressing

Servings: 2

Ingredients:

- 3 tbsp apple cider vinegar
- 1 tbsp extra virgin olive oil
- 1/2 tsp Dijon mustard
- 1 small clove garlic, minced

Instructions:

- Whisk together all ingredients until well combined.
- Adjust seasoning with salt and pepper.

Classic Italian Vinaigrette

Servings: 2

Ingredients:

- 3 tbsp red wine vinegar
- 1 tbsp olive oil
- 1/2 tsp dried oregano
- 1/2 tsp dried basil
- 1 small clove garlic, minced

Instructions:

- Mix all ingredients in a jar.
- Shake vigorously until emulsified.
- Season with salt and pepper to taste.

Creamy Avocado Dressing

Servings: 2

Ingredients:

- 1 ripe avocado
- Juice of 1 lime
- 1/4 cup water (more if needed for consistency)
- 1 small clove garlic

Instructions:

- Blend avocado, lime juice, water, and garlic until smooth.
- Add more water if needed to reach desired consistency.
- Season with salt and pepper.

Detox soup broths!



Soup is highly satiating, and you can have unlimited amounts of broth! Have them as snacks, with dinner, random times, all good.

- 3 Qt Water
- 1 onion
- 1 Cup Winter Squash
- 1 Cup Root Vegetable
- 1 Cup greens
- 2 Celery Stalks
- 1/2 cup of cabbage
- 4 slices of ginger
- 2 garlic cloves
- Sea salt to taste

Bring all to a boil for 45 mins

or buy low sodium vegetable broth

Healthy fats are in!



Our weight loss program includes healthy fats during the diet phase for several vital reasons.

These fats play a crucial role in energy production, aiding the body in efficiently using fat as a fuel source. This approach supports a mildly ketogenic state, where the body prefers fat over carbohydrates for energy, which makes it easier to lose stubborn body fat.

Additionally, as we've all learned from research into the Mediterranean diet, **healthy fats have anti-inflammatory properties**, which help reduce internal inflammation, contributing to overall health and preventing various diseases.

Including these fats in your diet helps **enhance metabolic health, supporting your body's natural weight management processes and promoting a balanced and sustainable approach to weight loss.**



Great sources of healthy fats!



Olive Oil: A source of heart-healthy monounsaturated fats and antioxidants, olive oil can help lower the risk of heart disease and certain cancers. Opt for Extra Virgin for the best quality.

Eggs: Packed with high-quality protein and beneficial fats, eggs are rich in vitamins and minerals that support bone health, energy, and immunity, with lower cholesterol levels than once thought.

Avocado: High in monounsaturated fats and fiber, avocados offer essential vitamins and minerals for immunity, bone health, and eye protection, along with energy-boosting B vitamins.

Oily Fish: Varieties like tuna, salmon, trout, mackerel, anchovies, sardines, and herring are prime sources. Rich in omega-3 fatty acids, oily fish like salmon and mackerel support brain function and may reduce inflammation and the risk of chronic diseases.

Nuts: Almonds and walnuts are good sources of healthy fats, protein, and fiber, contributing to heart health and a balanced diet.

Coconut Oil: Made of medium-chain fatty acids, coconut oil is a versatile cooking oil with a unique flavor, suitable for stir-fries, baking, and more.

Plain Full-Fat Greek Yogurt: Promoting gut health and weight management, full-fat Greek yogurt is beneficial for its probiotics and creamy texture.

Chia Seeds: Chia seeds are rich in omega-3 fatty acids, fiber, and protein.
Flaxseeds: Similar to chia seeds, flaxseeds are a good source of plant-based omega-3 fatty acids.

Walnut Oil: While walnuts are a healthy fat source, walnut oil is also beneficial and contains many omega-3 fatty acids and antioxidants. It's suitable for dressing salads and other cold dishes.

Dark Chocolate: High in fat, dark chocolate is also packed with antioxidants, particularly flavonoids. Choose varieties with at least 70% cocoa for the most health benefits, including heart health and inflammation reduction.

Olives: Olives, the source of olive oil, are rich in monounsaturated fats and contain antioxidants. They can be a great addition to diets for heart health and reducing oxidative stress.

Eat high-quality organic dairy



Only organic, high-quality dairy is allowed. If it's not organic, it's loaded with chemicals, added sugar, hormones, and antibiotics.

Fermented dairy foods make meals more palatable, have decent protein, and provide healthy fats.

Incorporating organic, high-quality fermented dairy into this program supports this metabolic shift while providing nutritional benefits that complement the goals of weight loss and overall health improvement.

Caffeine

The background of the entire page is a photograph of two white ceramic cups filled with coffee. The coffee in the cups has a light brown foam on top, decorated with intricate latte art. The cups are placed on a dark brown wooden surface with a visible grain. The lighting is warm and soft, creating a cozy atmosphere.

Have coffee with any unsweetened nut milks:

Our favorites are

Unsweetened almond milk
unsweetened coconut milk

Do not have coffee instead of meals. Consider protein broths instead if you feel like sipping on liquids.

Fruits on Phase 2

Fruit is nature's candy. Unfortunately, it can still cause sugar spikes and stall weight loss.



The best time to have fruit, on phase 2, is either during or right after a meal. This allows the healthy fats and protein from the meal to be in your digestive system, aiding in slowing down the absorption of sugars.

Best fruits to have:

- **Strawberries**
- **Raspberries**
- **Blueberries**
- **Blackberries**
- **Apples**
- **Pears**
- **Passionfruit**
- **Grapefruit**
- **Orange**

Nuts & Seeds (in moderation)

You can have up to 2 tbsp of almond
nut butter per day



We do not recommend peanut butter, as most people are addictive and will tend to over do it.



Occasional Desserts

Can I have dessert?

Here's a simple high-protein dessert that's Greek Yogurt, natural sweeteners and fruits.



Yes! A healthy dessert that doesn't spike your insulin levels and has no added sugar.

Treat desserts to satisfy sugar cravings and have them in moderation.

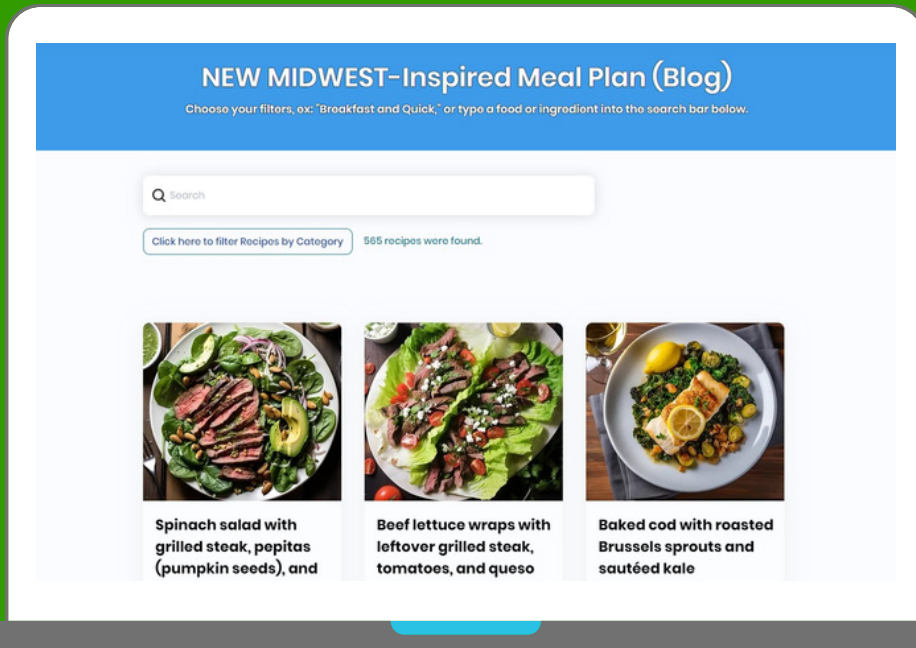
Dessert Idea



Drizzle a tbsp of almond butter on
a sliced apple.

As a snack or after a meal for
dessert.

Recipes online



What might a week look like in Phase Two (diet phase) of the SOZA program?



LOW CARB, HIGH PROTEIN MEXICAN - INSPIRED 7-DAY MEAL PLAN



Breakfast

Lunch

Dinner

Snack

Monday



Scrambled eggs with diced avocado and a side of salsa



Taco salad with ground turkey, lettuce, tomatoes, and avocado



Grilled fish tacos with cabbage slaw (use lettuce wraps instead of tortillas)



Watermelon Pizza

Tuesday



Chorizo & Vegetable Scramble



Simple Chicken Salad



Mexican-inspired chicken and vegetable stew



Cup of blueberries

Wednesday



Vegan tofu scramble with diced tomatoes, onions, fresh cilantro, and black beans



Leftover Mexican-inspired chicken and vegetable stew



Grilled salmon with a chili-lime rub and a side of grilled vegetables



Cup of mixed berries

Thursday



Chia seed pudding with a dash of cinnamon and a handful of berries



Beef fajitas



Baked cod with a tomato, olive, and caper sauce



An apple

Friday



Mexican-style scrambled eggs (huevos a la Mexicana)



Leftover Baked cod with a tomato, olive, and caper sauce



Shrimp and avocado salad with a lemon and olive oil dressing



Cup of mixed berries

Saturday



Chickpea Flour Omelet with Bell Peppers, Onions, and Fresh Herbs



Shrimp fajitas with bell peppers, onions, and a side of guacamole



Mexican-style stuffed zucchini boats with ground chicken



A pear

Sunday - Feel Free to Use Leftovers!

**Go ahead and use our
meal plans.**

**Note, in no time, you'll be a
natural at whipping up
healthy meals.**

SAMPLE *FOOD BRAND* RECOMMENDATIONS

1



Organic Eel River smoked chorizo

2



Herdez Salsa Verde

3



egglife

4



Simple Truth Organic Chickpea flour

5



Kirkland Organic Greek Yogurt

6



Kirkland Almonds

7



Avocados from Mexico!

8



365 Organic Ground Chicken

9



Simple Truth Organic Ground Turkey

10



Kroger Wild-Caught Pacific Cod

Are you looking for more product recommendations?

A Day in the Diet

Three Main Meals and Two Snacks



**1 Cup of Full-Fat Greek
Yogurt with almonds
(*accessorize it!*)**



Apple



**Cup of
blueberries**

**Simple Salmon
salad**



**Turkey Meatballs with
tzatziki sauce**





Ensure you are eating enough protein

1. **Sufficient Protein at every meal**
2. **Eat three Protein-Rich Meals a day**
3. **If you need to eat more, eat more of the allowed foods**
4. **Go for a protein add-on or more non-starchy vegetables instead of carbohydrates when adding something extra to your plate.**

**Want to add
something to your
plate?**

**Go for a protein
add-on and/or
non-starchy
vegetables**

**These beans are a
protein-add on**



More Protein add-ons

You can always throw in or bulk up whatever you are eating for more protein



Jerky



Tofu



Tuna



Chicken Breast



Eggs



**Organic
Parmesan**



**Nutritional
Yeast**



**Low-Fat or
Full-Fat Yogurt**



Edamame



**Pinto or Black
Beans**



Hummus



Mixed Nuts

To Snack or Not to Snack?

While our program is structured to help you reach your weight loss goals without relying on snacks, we understand that sometimes you might need something extra to keep you going.

Frequent snacking can contribute to weight gain, especially when it involves processed or high-calorie foods. However, many clients successfully lose weight on the SOZA program, even with occasional snacking. The key is to choose wisely and align your snacks with the SOZA guidelines.



For those times when you feel the need to snack, here are some SOZA-friendly options:

- **Single Protein Add-Ons:** Lean protein sources can be an excellent way to stave off hunger. Think of a slice of turkey, a small portion of chicken, or a few slices of lean roast beef.
- **Fruit:** Incorporating a piece of fruit into your day is a great way to satisfy a sweet craving. We recommend one serving of fruit daily to keep your sugar intake in check.
- **Broths:** A warm, savory broth can be comforting and filling without adding too many calories. Choose low-sodium, clear broths, or make your own with fresh vegetables for added nutrition.
- **Vegetables:** Snacking on vegetables is always a good choice. They're low in calories, high in fiber, and packed with nutrients. Consider raw veggies like bell pepper strips, carrot sticks, or a small salad.
- **Greek Yogurt:** A small serving of Greek yogurt can be a creamy, satisfying snack. It's high in protein, helping you feel full, and can be a great option if you're craving something more substantial.

Remember, the SOZA Weight Loss program is designed to be effective without regular snacking. These snack options are here when you need more to get through your day. Trust the process and enjoy your journey to a healthier you – with or without snacks!

About Snacks

You really won't feel the need to snack because of the high protein in the main meals.

While our program is structured to help you reach your weight loss goals without relying on snacks, we understand that sometimes you might need something extra to keep you going.

In the long term, habitually frequent snacking can contribute to weight gain, especially when it involves processed or high-calorie foods. However, many clients successfully lose weight on the SOZA program, even with occasional snacking. The key is to choose wisely and align your snacks with the SOZA guidelines.

For those times when you feel the need to snack, here are some SOZA-friendly options:

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Three

Meals a Day
No Snacks



+



Optional fruit

No Snacks



+

Optional fruit

No Snacks



+

Optional fruit

Two Meals a Day

No Meal



+ Optional Fruit

Optional Fruit +



Be flexible.

**If you feel like you
need to snack, go
ahead.**

**Stick to the allowed
foods.**

PHASE THREE

**Eat the same
foods, just add
some complex
carbs**



Disclaimer

The statements made in this ebook have not been evaluated by the Food and Drug Administration and are based solely on our theories and observations.

Information given here or by your wellness or health coaches should not replace medical advice given by your primary care physician.

As with any diet plan please consult your primary care physician before starting any weight loss program.





**THERE YOU HAVE IT!
WE HOPE YOU ENJOYED
THIS FREE EBOOK AND IT
WAS HELPFUL**

On behalf of our entire team, we hope you found this eBook valuable and that it gave you a thorough understanding, but most importantly, better insight and clarity on our program.

