

WELCOME

TO THE P3 WEIGHT LOSS EXPERIENCE



We are so excited you have made the decision to develop a new healthy lifestyle for your Mind, Body & Soul!

We can't wait to help you discover a life with more mobility, feeling better and living longer and happier.

**More than
a program,
it's an
experience.**

ABOUT THE AUTHORS

KIRAN BISSOON

Ki is an anti-inflammatory foods expert, gut health specialist, and an award winning Ayurvedic chef and holistic nutritionist. Ki spent decades searching for easy to prepare and ultra delicious meals that would help her to reverse her chronic inflammation, autoimmune disorders, and put an end to the yo-yo diet cycle. She found the answers in the science of Ayurvedic Food + Nutrition, and within 6 months of using this approach, was able to turn her health around and keep it running strong. Whether through her meal delivery service, group or private nutrition coaching sessions, Ki now uses her decades worth of experience and knowledge to help others embrace a strong longevity by eating whole foods and feeding their joy.



ANTONIETTA BOTTICELLI

Antonietta is known as the You Do You – low impact, group fitness instructor who incorporates everyday practical movements into a FUN and non-judgemental aerobic experience. Having lost over 140 lbs and kicking diabetes to the curb, she can personally relate to how challenging and scary it might be to start your journey to health and wellness. As a certified fitness instructor specialist and the creator of abotti, she has taken her life experiences and developed a program that is inclusive to all, no matter your age, gender, fitness level or ability.



ABOUT THE AUTHORS

JEAN-LUC PHARAND

Jean-Luc is a professional Sign Language Interpreter, Life & Wellness Coach and his love of cooking as enabled him to become a self-taught home Chef. Jean-Luc has always been passionate to help others to live their best life. He exemplifies this through his job as an interpreter to those who use American Sign Language and his dedication to making P3 Weight Loss Experience accessible. His passion for being healthy and his desire to lose excess weight is what lead him to create everyday recipes using whole foods ingredients. Being able to share his creations and assist others along their health journey is a dream come true.



NICOLAS TREMBLAY

Nicolas is an IT Professional, Project Manager and certified Life & Wellness Coach. Nick understands the mental struggles one can have when beginning their wellness and weight loss journey. Having been overweight since childhood, Nick turned his life around in 2018 by embracing a healthy lifestyle and overcame his weight issues by shedding 100lbs. Along with his husband Jean-Luc, the two have become social media influencers sharing their wellness journey across multiple platforms, as they continue to inspire everyone to live their best healthy life while having fun along the way.



INTRODUCTION

WHAT IS WELLNESS?



The definition of wellness is a state of complete physical, emotional, mental and social well-being.

Achieving wellness requires a balance between work and play, relaxation and activity, mental and physical health, spiritual growth and social connectedness. There are many ways to achieve wellness, but the most important thing is to start by identifying your own unique personal needs and goals.

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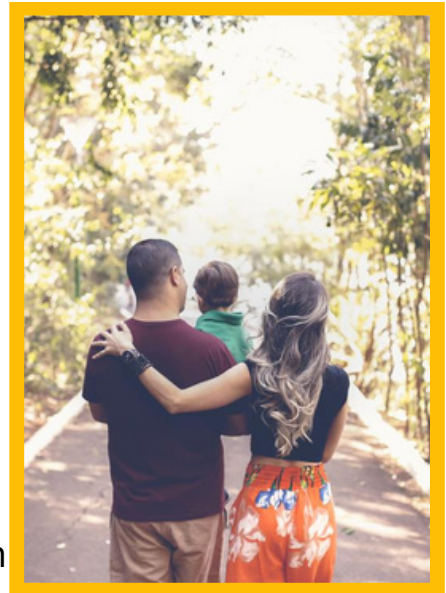


GETTING STARTED



Getting Started!

- Tell those whom you live with about the adventure you're embarking on. Explain to them that you're doing this for yourself so that you will increase your chances of a strong and joyful life with them. You may want to consider asking them to join you. At the very least, ask that they not try to tempt or derail you from this.
- Lock away or give away all trigger/temptation foods. If you live with others who will not be embarking on this journey with you and who like to consume foods that are trigger or temptations for you, ask that they keep them packed away, out of your sight and that they eat them out of your presence.
- Stock your fridge, freezer and pantry with P3 approved foods. When you get hungry you want to be able to grab and go, but it will need to be a food that benefits you. That will only happen if it's already in your house.



Plan/prep/batch cook ahead of time.

- Decide over the weekend what you're going to eat for the week.
 - Make a plan and a grocery list, buy ONLY what's on the list.
 - Wash and chop veggies, put them in a clear covered container so you can easily grab n go.
 - Place fruits in the middle of the busiest area of your kitchen so it will register in your mind to choose fruit when you need something quick.
 - While you're watching tv or doing your Abotti exercise class, batch cook 3 different grains and 2 kinds of lentils (not orange/red). Allow them to cool then package and store in your freezer for quick use whenever you need it.
 - Buy canned beans (red kidney, black, white navy or cannellini, pinto, etc.)
 - Buy frozen fruit and a bag of chunky frozen veg.
-
- If an abundance of veggies and/or legumes have not been a large part of your meals in the past, start with what you know and what you like. For example, if you like broccoli, mushrooms and tomatoes but aren't fond of too much else, then start there, make those the largest quantity of veggies on your plate.

 - If you've not eaten legumes (beans/peas/lentils) frequently, then start low and slow. Start with ¼ cup per day for 7 days, then work your way up as the weeks go by, adding ¼ cup each week. Choose only 1 legume per meal, don't overdo it by trying to add too much too quickly. Most important - learn how to cook legumes properly so they taste good and you'll avoid digestive discomfort.



WHAT TO EXPECT

For those who are not used to eating mainly whole plant based foods your bowels will be moving more frequently. It is normal to expel waste from your bowels 2 or 3 times per day (as long as they are not accompanied by pain). Please keep a log of how many times of day you go, and the consistency of your waste as it exits your body. Please use the Bristol Stool Scale to help you understand better.

BRISTOL STOOL CHART



TYPE 1 - SEVERE CONSTIPATION
Separate, hard lumps



TYPE 2 - MILD CONSTIPATION
Lumpy and sausage like



TYPE 3 - NORMAL
A sausage-shape with cracks in the surface



TYPE 4 - NORMAL
Like a smooth, soft sausage or snake



TYPE 5 - LACKING FIBER
Soft blobs with clear-cut edges



TYPE 6 - MILD DIARRHEA
Mushy consistency with ragged edges



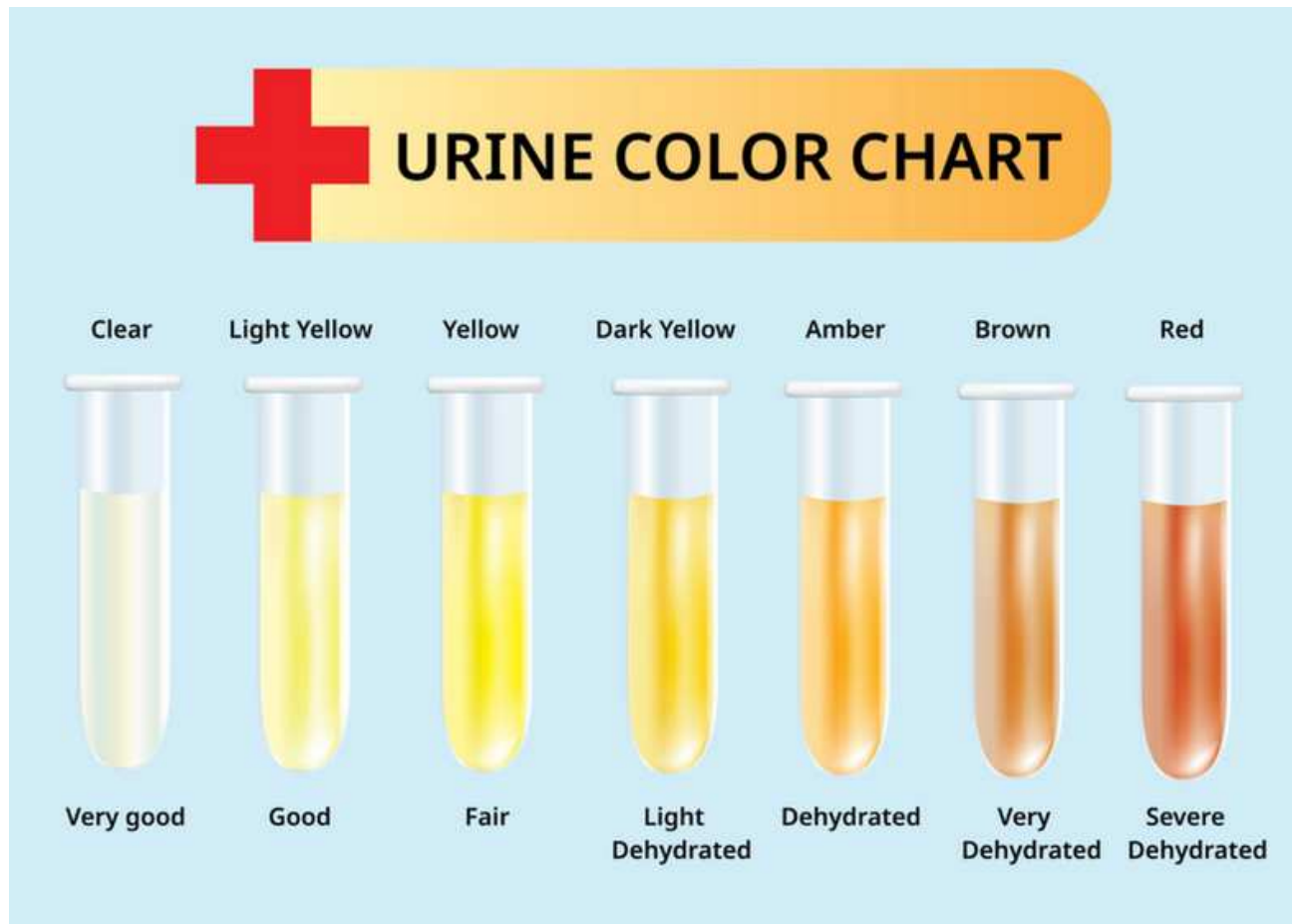
TYPE 7 - SEVERE DIARRHEA
Liquid consistency with no solid pieces

In short, very loose stool means you've not eaten enough fibre (plant based foods). Hard stool means you've not had enough water to drink or eaten enough high water foods (fruits and veggies).

- We will be eliminating dairy, sugar, high fat/high salt foods and limiting caffeine, all of which are highly addictive. You can expect to feel the effects similar to a detox. You may experience headaches, bloating, gas, shakes, etc. these are all typical of a major shift in eating habits. This can last approx 3 days to a couple of weeks for most people. The key to overcoming it is to drink LOTS of warm lemon water, LOTS!! Your body will be expelling all the toxins trapped in your organs so you'll need to flush with water.
- Flushing toxins also means flushing out emotions that are held in your various organs so don't be surprised if initially you find yourself on a small roller coaster of feelings. It's all temporary and will pass leaving you feeling much more calm.
- Fruits are 90% water and vegetables are 85% water and will contribute to how much water you are taking in. Pay attention to the colour of your urine before every flush. You want to maintain a very pale yellow to transparent colour.



PLEASE USE THIS URINE COLOUR CHART TO HELP YOU



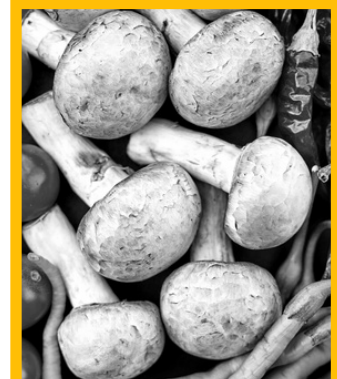
- For those who are not used to eating large amounts of whole plant based foods you may experience some initial bloating, discomfort and or gas. It is normal to experience these temporary sensations while your body is adjusting to this new way of eating. Eating foods that are laced with spices like turmeric, ginger, cumin, coriander, cinnamon, nutmeg, oregano, rosemary, thyme, mint, fennel, etc. will help with the process. Also drinking teas made from these spices will help with the digestion process.



- For those with weak digestive systems (people with food sensitivities, digestive disorders like ibs, etc. or hypothyroidism), please start low and slow with your heavy fibre foods. Do not jump into eating 1 cup of legumes per day in your case, or any other high fibre foods. Start with no more than $\frac{1}{4}$ cup and slowly as the weeks go by work your way up to $\frac{3}{4}$ cup.



- within 3 months of following the plan you should feel lighter, your digestion should have improved, your blood pressure, fatty liver, high cholesterol and blood glucose levels should have improved. your brain fog should be lifted. This is all dependent on how much you adhere to the plan.
- When following this plan during the winter season please eat as many of your meals cooked and limit raw foods to fruit. (ie for veggies - steamed, roasted, baked, soups, stews, casseroles, stir fried etc) more often than not. Raw vegetables are dry, cold and rough in their raw state. During the cold months of the year our bodies do not respond well to rough and dry due to the elements of winter. For this main reason we ask that all veggies be cooked as often as possible and limit raw. Fruits can be cooked or raw, but always eaten at room temp or warmer.



How Much Should I Eat?

On the P3 Weight Loss Experience we aim to give you Food Freedom, that is, freedom from counting, weighing, tracking etc. We want you to Feed Your Joy by falling in love with fuelling your body with foods that support your joy!

Having said that, if tracking, counting, weighing is currently working well for you and you enjoy it, by all means, please stick to what brings you joy.

We must keep in mind that a healthy weight loss includes a calorie deficit, but we also need to maintain optimal health along the way and not starve ourselves.

Calorie density is a measure of the calorie content of food relative to its weight or volume. It is also called energy density. Choosing foods with a low calorie density can help you lose weight without having to diet and restrict calories as it makes you automatically eat fewer calories.

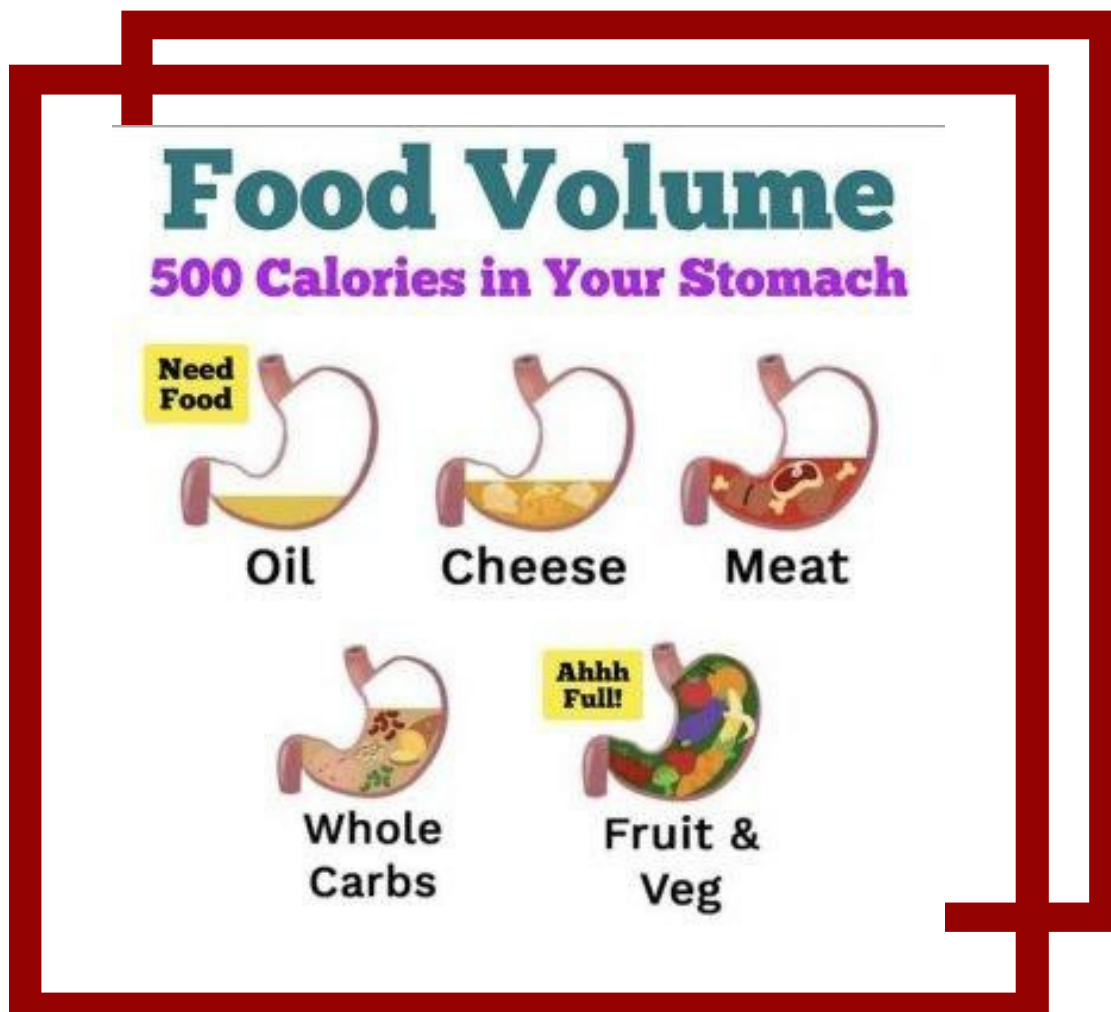
Focusing on low calorie-density foods allows you to eat a large volume of food increasing nutrient intake while still cutting back on calories. Many people, when embarking on a weight loss journey, tend to focus on the lowest calorie foods in order to lose the most amount of weight. This can leave you feeling lethargic, cause muscle loss, muscle cramps and extreme weight loss.

While living the P3 Weight Loss Experience, we encourage you to not only make whole veggies your main, but more specifically non-starchy veggies or veggies that grow above the ground including dark leafy greens and cruciferous veggies.

The other large portion of your foods should come from legumes, starchy vegetables, whole grains with a little coming from nuts and seeds. When combined together in a meal these high density (bulky) but low calorie foods will leave you feeling full, satiated and contribute to weight loss all at the same time.

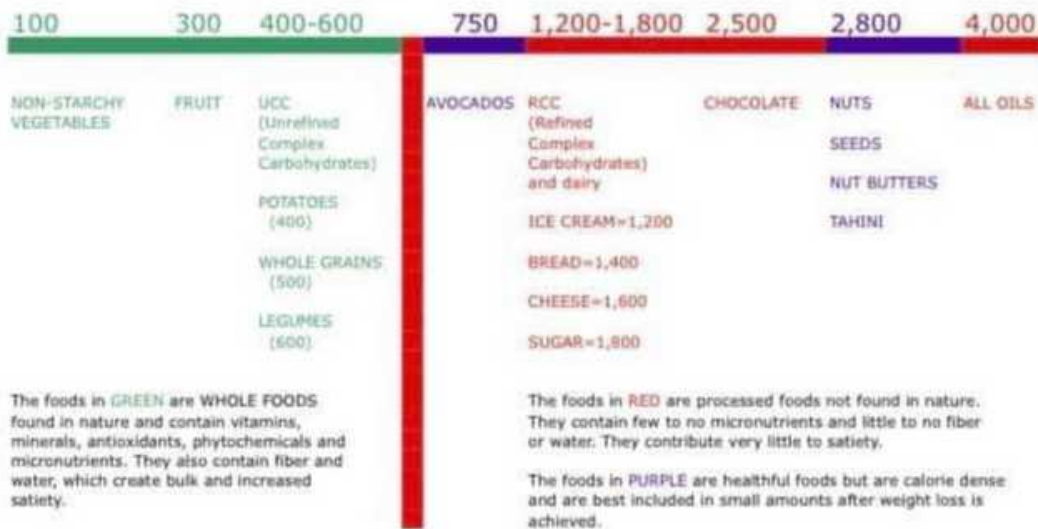
The aim is to fill your stomach with whole foods that offer multiple benefits, keep you feeling fuller longer, and leave little to no room for snacking and food cravings. The following food chart will show you which foods fill you up best.

Please use the second chart as a guideline for inspiration on calorie dense foods.



CHEF AJ's CALORIE DENSITY CHART

Average calories per pound



For weight loss, weight management and optimum health:
EAT TO THE LEFT OF THE RED LINE.

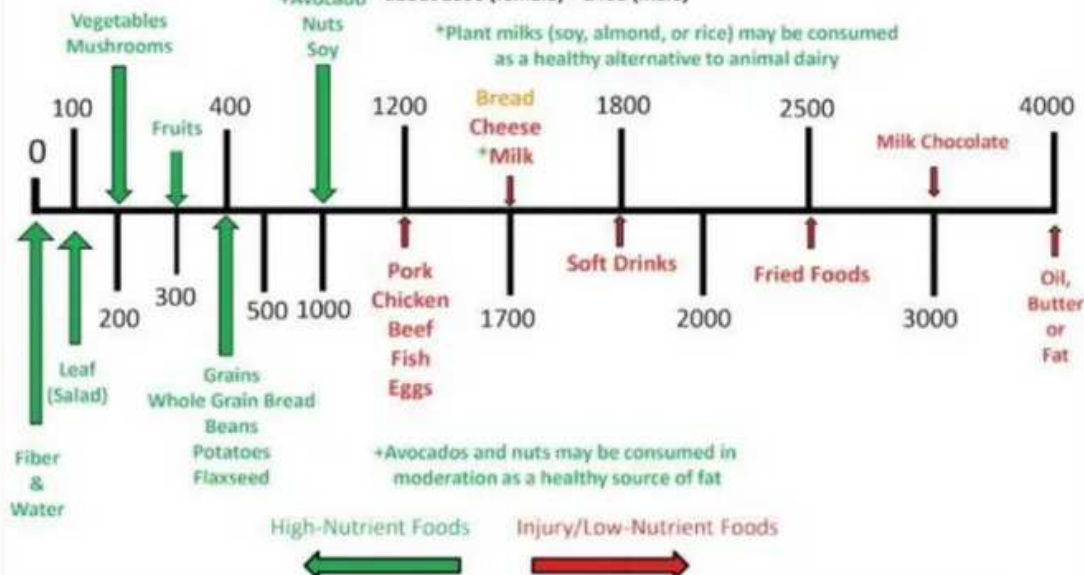
www.eatunprocessed.com

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Nutrient-dense foods have fewer calories. High-calorie foods have less nutrients.

Approximate Food Calories Per Pound

Suggested daily calorie intake for an adult to maintain weight is about 2000 (female) – 2400 (male)



This information is not intended to diagnose health problems or to take the place of the medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your physician.

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P3 MEAL PLAN

MEAL PLAN OVERVIEW



Morning - Water

When?

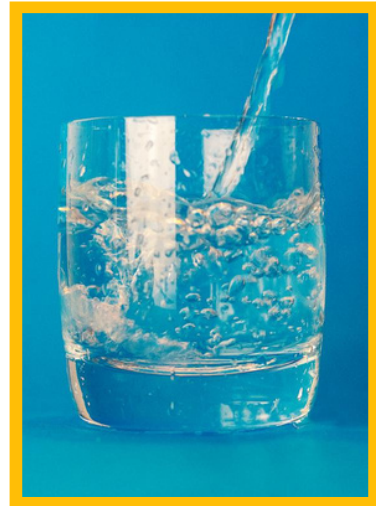
As close to waking as possible

What?

Warm-hot lemon water or greens alkaline drink

How Much?

1- 2 cups



How to make: Lemon Water

Make 2 cups of warm lemon water, or room temperature - no colder than room temperature - in the morning on an empty stomach.

Take a real lemon, wash, cut it in 6 pieces, store 5 pieces in fridge or freezer. Add one in the cup. Do not squeeze or juice, place in cup. Add hot water. Wait until it cools to safe drinking temperature and **drink through a straw.**

Note: if you don't have access to lemons, you may use limes (will require twice the amount of lime for the lemon - e.g: 1 piece of lemon = 2 pieces of lime), you may also use 2 drops of lemon essential oil in your water

Morning - Coffee/Tea

When? Any time between 10am and 2pm.

What?

- Coffee (with or without dairy free milk or dairy free creamer low fat/low sugar and just a splash),
- tea (herbal, green, black - with or without dairy free milk or dairy free creamer)

How Much?

1 cup

Breakfast

Monday to Friday

When?

Between 6AM and 9AM

What?

- Warm moist food that includes protein, fibre and omega 3's. Could be fruit based or cooked vegetable based.
- Examples:
 - Unsweetened dairy free overnight old fashioned rolled oats or steel cut oats with berries and chia.
 - Unsweetened baked blueberry oatmeal (use old fashioned rolled oats) with ground flax,
 - Tofu and veggie scramble
 - Veggie stir fry with black, brown or red rice
 - Sweet potato waffles with veggie hash
 - Ki's potato nachos

How Much?

Approx. 1 cup or until you are content.



Breakfast

Weekends

When?

Between 6AM and 9AM or within 2 hour of waking.

What?

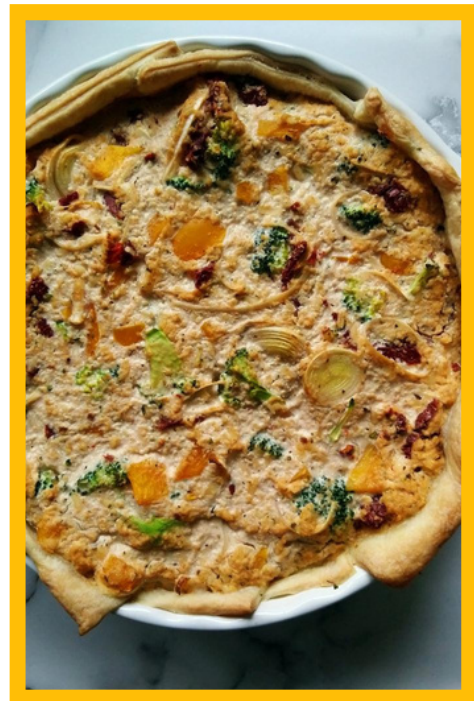
You may continue to have the same type of breakfast as you've been eating during the week or you may choose to have something brunch-like. Eggs will be permitted in two meals per week.

Examples:

- 1 piece of veggie quiche with some sauteed greens.
- ¼ plate of veggie omelet with guacamole and 1 slice of organic whole grain sourdough bread,
- 2 whole grain waffles with 1 cup berries and 1 Tbsp unsweetened non-dairy yogurt,
- 2 oat flour pancakes with ground flax and turkey bacon.

How Much?

Above measurements given or until you are content.



Morning Snack

Optional

When?

Between 10am and 11am

What?

- Fruit
- If you are hungry between breakfast and lunch please enjoy some fruit, for example -
 - An apple and/or pear
 - A bowl of ripe papaya
 - A mango and/or nectarine
 - berries with grapes and/or pomegranate seeds
 - a bowl full of mixed melon
 - 1 banana
 - 3 dates or 2 dried figs

How Much?

1 whole fruit eg. 1 banana or 1 apple or 1 cup of mixed fruit i.e. berries with grapes.



Lunch

All veggies to be eaten **FIRST**

When?

Between 11 AM and 2 PM

What?

- ½ plate of cooked dark leafy greens
- A palm size worth of robust protein (eg. legumes including tofu and/or poultry or fish/seafood),
- Some starchy food (eg. basmati rice, black/brown/red or wild rice, quinoa, millet, yams, squashes, potatoes, corn, sweet potatoes, turnips, cassava, etc.),
- Some cooked non-starchy and cruciferous veggies (eg. mushrooms, eggplant, asparagus, artichokes, broccoli, cauliflower, cabbage, snap peas)
- A fermented food (eg. kimchi, miso or sauerkraut) and
- Some microgreens or sprouts (if they're available to you, e.g: broccoli sprouts, mixed mustard, arugula sprouts).

Example of meals:

- Brown rice sushi with kimchi and miso soup,
- Beans and rice burrito with sauteed veggies
- Chicken n veggie Caesar warmed salad with Jean-Luc's Caesar dressing and sauerkraut,
- Turkey and veggie wraps with soup.

How Much?

This is to be your most hearty meal of the day so aim for 80% whole plant based foods and eat until you are content.

Snack

Optional | ONLY EAT IF YOU ARE ACTUALLY HUNGRY

When?

Between 4 PM and 5 PM

What?

Fruit or veggies and bean dip (eg. hummus or edamame pesto or white bean dip)

How Much?

- Any fruit that you didn't have in the morning OR
- steamed broccoli or cauliflower florets with hummus
- 1/8 cup walnuts or almonds or pistachios or pecans or hazelnuts all unsalted and raw or toasted (only if you've toasted them yourself).



Dinner

All veggies to be eaten FIRST

When?

Between 6PM and 8PM

What?

- ½ plate cooked non-starchy and cruciferous veggies
- Some starchy food (see suggestions from lunch),
- A palm size portion of robust protein (legumes/tofu or fish/seafood),

- Examples of meals -
- Veggie and shrimp skewers over herbed quinoa pilaf,
- Seafood and root veggie stew,
- Lentil and mushroom bolognese over chickpea pasta,
- Cauliflower and chickpea tacos,
- Veggie pad Thai
- Baked fish over mixed veggie hash with black rice
- Falafel in a pita with veggies and hummus

How Much?

This is to be a lighter version of lunch so eat until you are 80% full.

After Dinner Snack

Optional | ONLY EAT IF YOU ARE ACTUALLY HUNGRY

When?

½ hour after dinner but before 8PM

What? / How Much?

- 2 Tbsp sugar free chocolate chia pudding made with unsweetened non-dairy milk or
- 1 smaller than bakery size sugar free homemade black bean brownie or Jean-Luc's chickpea blondie
- 1 smaller than bakery size homemade date based brownie or
- 1 of Ki's Energy Bombs or
- 1 cube of dark 80%+ dairy free chocolate
- 1 cup Ki's or Jean-luc's popcorn
- 1 cup homemade oil free dehydrated or baked veggie chips

NOTE

**please note that like all snacks we will be working to eliminate them over the 12 weeks.

Tea

When?

At least 1 to 2 hours before bed.

What?

- A calming, soothing tea that promotes rest and relaxation

Examples

- Ki's Ayurvedic Turmeric Tea blend,
- chamomile tea,
- peppermint tea,
- Ki's Bloat Buster Tea
- Warm sugar free non-dairy milk with cinnamon, nutmeg and cardamom.

How Much?

1 Cup



P3 MEAL PLAN

MEAL PLAN DETAILS



Morning

How to make and drink lemon water Or apple cider vinegar.

- Lemon water - cut a fresh lemon into 6 pieces (store pieces in the fridge or freezer), add 1 piece of lemon to your cup and fill the cup with boiling hot water. Allow to cool to warm drinking temp, then drink using paper, silicone, or metal straw. ** DO NOT squeeze or juice the lemon.
- If you're going to have a busy day, prepare your lemon water the night before and leave it on your nightstand to drink as you wake. Room temp is ok, hot is best. **NOTHING COLD.
- You may infuse your lemon water with ginger and or pineapple if you have joint pain.
- If lemon water has not been a part of your regular routine please start slow with 1 cup per day for a couple of weeks and work up to 2 cups.
- PLEASE NOTE - you may drink lemon water all day if you choose.

Greens drink

- Instead of a second cup of lemon water, you may choose to make the second of those 2 cups a green alkaline drink, it helps if you're having a busy day and aren't sure if you'll be getting in all the fruits and veggies you want to have.
- Look for a drink mix that can easily be added to water, mix and drink.
- Tips for choosing a great greens alkaline drink - it should contain wheatgrass and/or barley grass, spirulina and/or chlorella, a fruit blend and a vegetable blend. The really good mixes will also have a probiotic blend and digestive enzymes too.

Apple cider vinegar

- The amount of apple cider vinegar used for weight loss is 1-2 Tablespoons (15-30 ml) per day, mixed with water. Do not exceed this dosage per day.
- It is best to spread this out into 2-3 doses throughout the day, and it may be best to drink it before meals. Also, consider using it as part of your salad dressing.
- Wait 15 min before eating or drinking anything else other than more water.

Coffee/Tea

Coffee

- Enjoy black or with non-dairy creamer.



Tea

- Enjoy your morning cuppa either black or green or with non-dairy creamer low in added sugar.
- Matcha tea is a great natural energy booster and revs up your metabolism for fat loss.

Breakfast

Your body goes through a circadian rhythm of energy output. Between the hours of **6am to 9am** your body's rhythms are slow, sluggish and heavy while they're in what's called Flush Mode. During these hours it wants to flush solid waste from your bowels, liquid waste from your bladder and bacterial waste from your lymph nodes, hence the reason we start the morning with warm water.

Also during this time your body is looking for warm, soft, easy to digest foods. The best choice for your metabolism in the morning is fruit or any warm cooked food. For weight loss we need to eat low calorie bulky foods ie veggies, fruits, whole grains and legumes.

Many people cannot tolerate breakfast in the morning because their system is "not awake" yet so it's ok to skip breakfast, it's not ideal though, in that case it's better to have a handful of blueberries or purple grapes with 6 walnuts rather than totally skipping a meal. For those who can't tolerate a full breakfast, a plant based protein shake may also be more to your liking.

For those eating breakfast, try to consume within 2 hours of waking to get things rolling.

Mid Morning

Mid morning - try your best to avoid snacking between meals, but if you're still hungry after breakfast have fruit. A banana would be a great option, especially after a workout.

Lunch

Between the hours of 11am and 2pm your body is in **Burn Mode**. During this time your body is saying - "bring it on, I'll burn that mutha up and pump out some great energy for you!" - so let's give your body what it's asking for!! This is the time of day to have your most hearty meal. If balanced well you'll be quite content and not be hungry again until 5pm or so.

- PLEASE NOTE - DO NOT drink anything while eating your meal. Feel free to sip on some room temp water, but no more than ½ glass. Please wait ½ hour after eating to drink a full glass of water/tea etc.

Snack

We do not encourage snacking between meals, however if you think you're hungry between meals first have something to drink like a green tea or cup of miso soup or water infused with orange slices.

Many, many times people confuse thirst for hunger, or they eat out of boredom or unconscious routine i.e. 3pm work break time.

After your water/miso soup wait 20 min then, if you're still feeling hungry try one of the suggestions listed in the Meal Plan.

Please ABSTAIN from consuming energy or protein bars. They contain many ingredients that contradict your needs and efforts.

Dinner

During the hours of 6pm to 10pm your body is in Rest Mode, it's winding down to prepare for sleep and Restore Mode. Eating a light dinner with foods that are easy to digest will support this internal rhythm. As often as possible please try to eat your dinner between 530pm and 730pm, we want aim for all eating to stop at 8pm latest.

PLEASE NOTE - as often as possible please DO NOT drink more than ½ glass of liquid while having dinner. Please wait half an hour before resuming drinking.

After Dinner Snack and Tea

As mentioned previously, our aim is to eliminate snacking, but this will late time, as our taste buds adjust to this new way of eating it's ok to have a small something, as long as it is NOT A TRIGGER food for you.

After dinner tea - the purpose of an after dinner tea is to facilitate a calm night's rest and help your metabolism burn fat while you're sleeping. Many people experience restless nights on end but by drinking a spiced or herbal tea the ingredients will help to -

- Calm your nervous system
- Ease digestion
- Relax your muscles
- Calm your mind



P3 MEAL PLAN

FOOD DETAILS



Fruits

Eat all of them! Try a wide variety of them, think outside of your typical box of apples, oranges and bananas.

- Fruits are the main store houses of Vitamin C and other antioxidants all of which -
- Boost your immune system to help fight illnesses, diseases, infections and viruses
- Support good strong gut health = strong mental clarity, mental health and strong metabolism
- Lower blood pressure and high cholesterol
- Reverse fatty liver, diabetes type 2
- Prevent/fight cancer
- Contain pectin which is a soluble fibre that not only helps you to feel full by activating your stomach's satiety stretch receptors, but also helps to keep your colon clear and clean.

Here are some tips for eating fruit :

- Best time of day to eat fruit is in the morning as your first solid food.
- Choose fresh or frozen fruit, both are great choices, but always eat at room temp or warmer, never cold.
- Eat 1 whole fruit as or with your breakfast or 1 cup of fruit ie. 1 apple or 1 cup of berries with 1 Tbsp ground flax or hemp seeds or chia seeds or 6 walnuts.
- Eat them either on their own or combine in some overnight oats or porridge or baked oatmeal.
- An apple a day keeps the doctor away for real! There are over 7000 types of apples grown around the world, each one will have a different taste and positive effect on your health, try a different one each day! Also apples are both a prebiotic and probiotic food, so they're perfect for your gut health, which is where your metabolism is controlled.
- Experiment with fruits you haven't tried in the past, like dragon fruit or small tropical bananas (these bananas have to get speckled before you eat them), passion fruit, mangosteen, lychee, rambutan and much more.
- Please eat your fruit as a whole food, as Nature created them and not in a smoothie. Fruits are THE EASIEST to digest food on the planet, they do not need to be pureed. Also blended foods lose most of their bulk in the processing, therefore you would require much more of that food to activate your stomach's satiety stretch receptors than if you ate the fruit as a whole, contributing to overeating.

Vegetables

Eat all of them, eat lots of them and make them your main, even at breakfast! Make ½ your lunch and dinner filled with vegetables. Vegetables are very bulky low calorie foods that provide sustained energy, and due to their high fibre content, take hours to digest, all adding up to feeling fuller longer. Vegetables also contribute to cutting those cravings you've struggled with in the past, so much so that after a few weeks of making veggies your main, you start to miss them if you don't eat some every day!

Vegetables are the heroes of stellar health!

Consuming them in their most whole, unprocessed form as often as possible has been proven to:

- Prevent and reverse heart disease
- Reverse NAFLD (non-alcoholic fatty liver disease)
- Contribute to healing some cancers
- Contribute to reversing many autoimmune disorders
- Support strong gut health = strong mental health

Here are some tips for your success with making veggies your main:

- Include 2 different types of dark leafy greens at lunch and at dinner eg. if you had romaine lettuce with baby spinach at lunch, then have kale and collard greens with dinner. You can then eat those greens all week and the following week switch them out for 4 other greens.
- Include 2 types of cruciferous veggies per lunch and dinner, eg. watercress and cabbage at lunch, kale and brussel sprouts with dinner.
- Let's not forget ALL the other veggies that are available to you (see your pantry list for inspiration).
- Some great options for making veggies your main
 - bbq veggie and tofu skewers with lentil patties,
 - potato nachos with black beans and corn salsa,
 - soba noodles with mixed veggies and sriracha all natural peanut satay sauce,
 - jerk fish, tomato and jicama lettuce wraps with carrot, kale and cabbage slaw.

Dairy

ALL cow's milk and cow's milk dairy products i.e. whey, cheese of all kinds, yogurt, cottage cheese, sour cream, ricotta, etc. are OFF the table for the next 12 weeks (grass fed butter is the only exception permitted and only in small amounts). As you've heard us mention previously, this is not simply a weight loss program, it is a wellness experience and therefore will require you to temporarily abstain from foods that do not support your overall health.

The sort of dairy commonly found in typical North American grocery stores contains a protein called A1A2 that has been shown to be linked to type 2 diabetes, Alzheimer's Disease, digestive problems (gas/indigestion/bloating), obesity, joint pain, heart disease and some cancers. We are asking you to remove cow's dairy based products from your diet for the next 12 weeks also because dairy is a major source of saturated fat which will only set your efforts to lose weight behind. Please start reading the labels of the products that you purchase and look for other options available to you if your typical product contains whey or any other dairy ingredient.

To make the transition smoother for you, I recommend that you switch to goat's milk products for the first 2 weeks as you wean yourself off of animal based dairy completely.

There are TONNES of other options you may explore

- like cashew based cheeses
- nut based milks
- almond or coconut based yogurt
- tofu based sour cream, etc.
 - And if you can't find it in your local store you can find an innumerable list of recipes online to make your own. Simply type in - recipe for non dairy sour cream - and something will come up to help you.

This is also a great time to step OUT of your comfort zone and experiment with other flavours and textures. Ie, instead of sour cream on your tacos try a lemon and artichoke spread. Instead of cheese on your chicken burger try a green pea or basil pesto.

Protein Animal & Plant Based

Animal Based Protein

Due to the high levels of saturated fat found in animal protein AND the frequency with which people typically consume animal based protein we're asking that you make a conscious effort to limit your choices. Saturated fat has a direct negative impact on your heart health, inflammation, as well as weight loss.

If you choose to consume animal protein, as often as is within your budget please choose organic, free range, grass fed poultry or wild caught fish, some farmed fish is also a good choice.

Some options are:

- Duck (fat rendered down)
- Chicken (dark or white meat)
- Squab
- Turkey
- Haddock
- Herring
- Halibut
- Arctic char
- Salmon
- Farmed clams, mussels, scallops, oysters
- Anchovies
- Sardines
- Tuna (albacore or skipjack are good choices)
- Squid
- Crab
- trout

Eggs

- Eggs are permitted while on the program but due to their effects on cholesterol, we ask that you keep the quantity limited to 2 eggs per week, that includes egg based mayonnaise.
- Instead of an egg based mayo choose vegan based mayo (ie Follow Your Heart brand Vegemise - they have a wide variety of flavours).

Protein Animal & Plant Based

Egg Substitutes

You can search online for a recipe to make yourself & also explore other cream based options like:

- cashew creams
- soft tofu based creams
- hummus
- dressings or creams made from pureed hemp hearts
- pureed beans or artichokes with olive oil.

Baking side note:

- There are a great many options available to you outside of eggs for baking such as
 - ground flax
 - mashed bananas
 - apple sauce
 - cornstarch or arrowroot starch and water
 - vinegar and baking soda

Plant Based Protein

Legumes (beans/peas/lentils)

Legumes are your very best option for clean and affordable protein, and are the POWERHOUSES of prebiotic fibre!! Fibre is the essential ingredient for a healthy, strong gut, which as you'll recall, is where your metabolism is controlled from. Legumes not only provide you with ALL the essential amino acids you need for a healthy strong body, they also offer incredible benefits that -

- stabilize blood glucose levels (great news if you're diabetic or have insulin resistance)
- help support your immune system so you can prevent illnesses or at least recover from them strongly.
- feed your good gut bacteria where your moods and weight are controlled.
- help reduce high blood pressure and high cholesterol
- leave you feeling fuller longer and therefore help you to reduce cravings.

Some examples of how to incorporate legumes as a main into your meals

- Chickpea and veggie taco bowls
- Falafels
- Shepherd's pie
- Black bean burgers
- Lentil bolognese sauce

Whole Grains

Research has proven time and time again that whole grains are an essential part of a stable and healthy -

- Weight management - they reduce obesity
- Blood pressure = healthy heart - they help to prevent heart and stroke disease
- Cholesterol
- Blood glucose - contribute to reversing diabetes types 2 and 3
- Digestive system = gut health
- Immune system - are necessary for preventing some cancers and removing chronic inflammation from your body.
- Subtle smooth skin i.e. natural collagen production

Whole grains offer a profound amount of micronutrients and are a prebiotic soluble fibre, which means they keep your colon healthy and strong while keeping you feeling fuller longer, thereby helping you to lose and maintain a healthy weight.

Please refer to the pantry list for a list of acceptable whole grains and consume them on a daily basis.

Fats & Oils

As often as possible try to keep them limited to whole foods like:

- Chia
- Hemp
- Flax
- Olives
- Pumpkin, sunflower or sesame seeds (including tahini paste)
- Avocados (no more than ¼ / day)
- Coconut
- Nuts (no more than ⅛ cup per day)

Oils

(to be used in very reduced amounts i.e. use no more than 1 tsp of oil for a pot of food that would serve 4-6 people.)

- Extra virgin olive oil
- Sesame oil
- Avocado oil
- Coconut oil (to replace butter and margarine)

Herbs & Spices

They are the **STORE HOUSES OF ANTI-INFLAMMATORY** properties, are essential for reducing gas, bloating and indigestion, and are a must for creating delicious meals!

In short, try them all in a wide variety of combinations. There are too many to list out, but here's an example of some great pairings (all would include garlic):

- Turmeric + cumin + ginger
- Dill + parsley
- Coriander + parsley + mint
- Mint + parsley
- Leeks + dill
- Chives + fennel
- Rosemary + thyme
- Parsley + sage + rosemary + thyme (for all you fellow Simon & Garfunkel fans I included that one on purpose, haha.)
- Clove + anise + cilantro
- Basil + oregano + thyme
- Oregano + cumin + smoked paprika
- Cinnamon + nutmeg + cardamom
- Cinnamon + clove + Jamaican allspice

Sweeteners

The standard North American diet is steeped in artificially highly refined sweet flavours that people automatically crave it in everything they eat! Throughout the P3 Experience, we will endeavour you to take control of what we eat and when, including the type of sweet foods we use.

You may use:

- Monk fruit
- Xylitol (if you don't have pets)
- Dates or homemade date syrup
- Mashed apples or mashed bananas
- Raw unpasteurized honey unheated ONLY if you're feeling under the weather i.e. a cold or cough

****PLEASE NOTE - NOTHING containing ASPARTAME will be permitted.**
Please start reading the labels of the products you consume.

I'm sure you're going to ask me - what's up with the rationing of sweeteners!! The answer will be, to deprogram or uncondition your palette and brain to expect everything to taste like sugar. There are 6 different tastes which have profound effects on your body, but when all your food tastes sweet your brain is unable to decipher what is what and what to ask for when it's actually needed.

Liquids

Water/Juices/Carbonated Drinks/Protein Drinks

We all know we need to drink water. Make it your main drink of the day (the liquid you drink 90% of the time) keeping a check on the colour of your urine to ensure you're not drinking too little or too much.

Feel free to infuse your room temp or warm water with herbs, spices, fruits and/or veggies for flavour and extra health benefits.

Juice - is off the list. Once the fibre has been removed from a fruit all you're left with is 3 types of sugar and water. Did you know 1 glass of orange juice contains 26g of sugar, that's almost 2 Tbsps!! Whereas if you're eating 1 orange the natural sugars in the fruit will have no ill effects on your body at all (if eaten on its own).

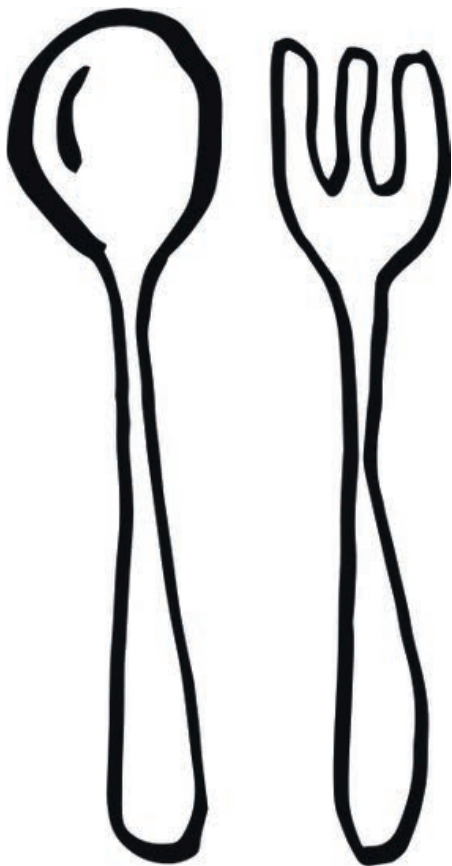
Carbonated drinks

If you're in the mood for something fizzy choose any unsweetened, caffeine-free, artificial sweetener-free drink such as:

- Bubly
- La Croix
- Some Perrier brands (read the label before purchasing)

Protein drinks - unless you are training to become an athlete or are pumping iron to bulk up NO ONE needs a protein drink ESPECIALLY if you're NOT A VEGETARIAN. There's only so much protein your liver can handle before it gets too taxing and results in problems like fatty liver disease or metabolic syndrome. If you're a training athlete or pumping iron, choose a plant based protein powder to add to your day.

PANTRY LIST



LIST OF P3
APPROVED
FOODS



Please note - you DO NOT need to fill your kitchen with ALL OF the below mentioned, they are simply suggestions to make grocery shopping easier. Start by stocking all the foods, herbs and spices you use most often and really enjoy eating. As your recipe repertoire grows you may add accordingly.

If you do not see your food/drink of choice on the list please ask Kiran before proceeding for best results.

HERBS & SPICES

- Turmeric (fresh or dried or powder)
- Ginger (fresh or dried or powder)
- Salt (Pink Himalayan, Kosher, Sea, Fleur de Sel, Celtic, Black)
- Black Pepper, Green or red pepper corns
- Cinnamon - Saigon or Ceylon (powder or sticks)
- Green Cardamom (pods or powder)
- Whole black Cardamom
- Nutmeg (powder or whole)
- Whole mace
- Cloves (whole or powder)
- Cumin (seeds or powder)
- Coriander (seeds or powder)
- Mustard (seeds - black or yellow - or powder) *mustard as a condiment is in the condiment section
- Fenugreek (seeds or powder)
- Fennel (seeds or powder) *fennel as a vegetable is in the vegetable section
- Smoked Paprika
- Ground Jamaican Allspice
- Ground Anchar Masala
- Cayenne
- Garam Masala
- Chipotle powder
- Ancho chili powder
- Bay leaves



HERBS & SPICES

- Oregano
- Basil
- Rosemary
- Thyme
- Galangal
- Sage
- Dill
- Parsley
- Cilantro
- Mint
- Scallions/Green Onions
- Chives
- Shallots
- Leeks
- Galangal
- Garlic (fresh or granulated)
- Pimento Peppers
- Chili Peppers
- Lemongrass
- Kefir Lime Leaves
- Curry leaves
- Marjoram
- Tarragon
- Anise
- Sesame seeds
- Poppy seeds
- Ground Trinidad style curry (Madras, Taj or Chief brands are great)
- Thai red/green/yellow curry paste
- Thai Massaman curry paste
- Japanese curry
- Korean Gochujang
- Cajun spice mix

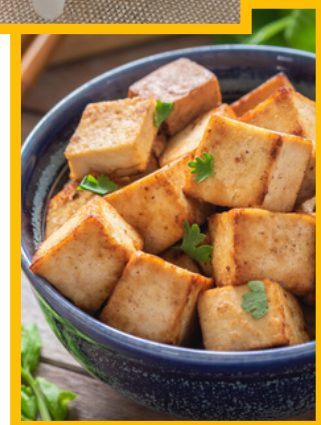


HERBS & SPICES

- Taco and fajita spice mix
- Jerk Seasoning
- ANY spice mix that is free from oil, hydrogenated oils and syrups, dextrose, sucralose, aspartame, (other artificial sweeteners), additives, preservatives, and low-no sugar.

Legumes

- Chickpeas
- Kala Channa (black chickpeas) *optional
- Red and White Kidney Beans
- Black Beans
- Lupini Beans
- Pinto Beans
- Romano Beans
- Black Eye Peas
- Yellow or Green Split Peas
- Red Lentils
- Green or Brown Lentils
- Beluga or Puy Lentils
- Mung (moong) Beans
- Urad (cracked or whole)
- Adzuki Beans
- Lima Beans
- Soy Beans
- Tofu
- Tempeh
- Edamame
- Fava beans
- Pigeon peas or Congo peas



** feel free to stock any beans you and your family enjoy, there are many of them. I've only listed the ones we use most often in the recipes.

Flours and Breads

- Almond
- Coconut
- Oat
- Rice
- Multigrain
- Unbleached whole wheat
- Besan or chickpea flour
- Ground Tapioca or Arrowroot starch
- Bob's Red Mill 1 to 1
- Robin Hood Gluten free
- Organic Sourdough bread (not white)
- Rye or Pumpernickel bread (read the ingredients, no sugar, no milk or milk byproducts)



WHOLE GRAINS

- Black Jasmine Forbidden Rice
- Red or Brown Rice
- Basmati Rice (white or brown - nothing instant or quick cook)
- Durum Semolina Pasta (brands made and imported from Italy only)
- Gluten-free Pasta (Chickapea, cauliflower, quinoa, rice)
- Oats (steel cut or old fashion rolled, nothing instant or quick cook)
- Quinoa (any colour)
- Millet
- Pot Barley
- Farro
- Freekeh
- Amaranth
- Teff
- Buckwheat
- Bulgur
- Corn/Cornmeal
- Sorghum
- Wild Rice.
- ****NOTHING** instant, quick cook, minute, etc. All whole grains should take at least 10-25 min to cook.



SEEDS, NUTS, NUT BUTTERS

- Flax seeds
- Chia seeds
- Black & White Sesame seeds
- Hemp Hearts
- Pumpkin seeds
- Sunflower seeds
- Almonds (whole, slivered and/or blanched)
- Walnuts (whole and/or pieces)
- Cashews (whole and/or pieces)
- Brazil
- Hazel
- Pistachio
- Macadamia
- Pecans
- Soy
- Peanuts *must be organic
- Nut Butter
- **ALL nuts and seeds and nut butters must be purchased raw, unsalted and unsweetened.



DARK LEAFY GREEN and CRUCIFEROUS VEGETABLES

- Romaine Lettuce
- Endive
- Frisee
- Radicchio
- Field Greens
- Boston
- Bib
- Mache
- Leafy/Red Leafy
- Arugula
- Watercress
- Bok Choy
- Choy Sum (Yu Choy)
- Shanghai Bok Choy
- Mustard Greens
- Kale (Red, Leafy, Dinosaur/Tuscan/Black)
- Cabbage - All kinds and colours - Napa, Red, Korean, White, Savoy etc.
- Cauliflower
- Romanesco Broccoli
- Broccoli
- Broccolini
- Brussel Sprouts
- Spinach (any kind - saag, dasheen leaf, callaloo, poi, etc.)
- Dandelion Greens
- Rapini
- Beet or Carrot Greens
- Collard Greens
- Swiss / Rainbow Chard
- Kohlrabi
- Radishes
- Turnip
- Rutabaga
- Daikon
- Chinese broccoli

STARCHY VEGETABLES

Fresh or frozen

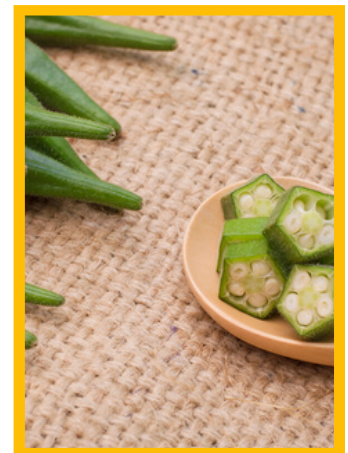
- Summer Squash - green or yellow zucchini
- Winter Squashes and Pumpkins - spaghetti, kabocha/buttercup, acorn, butternut, delicata, etc.
- Potatoes (all and any - purple, red, yellow, Yukon Gold, fingerling, Russet, etc.)
- Cassava/Yuca (fresh or frozen)
- Eddoes/Taro/Dasheen/Tannia
- Tubers/Provisions/Yams/Root Vegetables - Celery root/Celeriac, sweet potato, carrots (orange/heirloom), beets (red/golden/candied), parsnip, purple/orange/yellow/white yams
- Plantains
- Green bananas/green fig
- Corn
- Sweet green peas
- Breadfruit (cooked as a vegetable but is a fruit)
- Chataigne/breadnut/katahar (cooked as a vegetable but is a fruit)



NON-STARCHY VEGETABLES

Fresh or frozen

- Eggplant (any kind - Italian, Chinese, Thai, Indian, West Indian, Sicilian)
 - Okra
 - Long/Snake Bean (Bodi or Bora)
 - Bitter Melon
 - Cucumbers
 - Green Bell Peppers
 - Red/Yellow/Orange Bell Peppers
 - Mushrooms (any and all kinds)
 - Asparagus
 - Celery
 - Green beans/Yellow waxed beans, Broad beans
 - Olives
 - Artichokes
 - Bamboo Shoots
 - Jicama
 - Snap peas
 - Snow peas
 - Tomatoes (any kind)
 - Water chestnuts
- **any and every and ALL vegetables you can think of are permitted.



Fruit

Fresh or frozen

- Berries, All berries - blue/straw/cran/rasp/black/elder/goose/ Indian goose (amla), etc.
 - Cherries
 - Citrus, All citrus - lemon, lime, tangerine, orange, pomello, grapefruit, etc.
 - Apples, All apples - honeycrisp, ambrosia, gala, red/yellow delicious, macintosh, etc.
 - Melons, All melons - watermelon, honeydew, cantaloup,
 - Grapes (green or red)
 - Plum
 - Apricots
 - Nectarine
 - Peach
 - Pineapple
 - Sugarcane
 - Durian
 - Kiwi
 - Persimmon
 - Lychee
 - Rambutan
 - Sapodilla
 - Starfruit
 - Mangosteen
 - Longan
 - Sugarapple
 - Pomegranate
 - Pomerac
 - Soursop
 - Rhubarb
 - Jackfruit (green for savory dishes, ripe as is)
 - Dragon fruit
 - Pears, All pears - bosch, Asian, Bartlett, etc.
 - Mango, All mangoes - julie, ataulfo, Mexican, etc.
 - Papaya
 - Figs (fresh or dried)
 - Guava (white or pink)
 - Avocado
 - Bananas, all bananas including Caribbean small fig
 - Dates (green or dried, not in honey)
 - Coconut
 - Tamarind
- **NOTE - any, every and ALL fruits are permitted**



Robust Protein

Plant Protein

- Chickpeas
- Kala Channa (black chickpeas) *optional
- Red and White Kidney Beans
- Black Beans
- Lupini Beans
- Pinto Beans
- Romano Beans
- Black Eye Peas
- Yellow or Green Split Peas
- Red Lentils
- Green or Brown Lentils
- Beluga or Puy Lentils
- Mung (moong) Beans
- Urad (cracked or whole)
- Adzuki Beans
- Lima Beans
- Soy Beans
- Tofu
- Tempeh
- Edamame
- Fava beans
- Pigeon peas or Congo peas



**Any and all forms of legumes are robust sources of protein. If legumes have been a regular part of your meals then 1 cup per day is a great average for you. If you're new to legumes or have a digestive disorder ie. leaky gut, IBS, etc. then a good general rule of thumb is to start with ¼ of legumes per day (one kind at a time) for 10 days, then slowly increase the amount by ¼ increments over 10 day periods until your body builds up the bacteria necessary to safely and comfortably digest them. You may combine plant based protein with animal based protein until you become more comfortable eating the plant based protein on its own.

Robust Protein

Animal Protein

- Pasture raised eggs (2 per week)
- Pasture raised chicken (white and or dark meat)
- Goose
- Duck
- Squab
- Turkey
- Cornish hens
- Pheasant
- ** Note - deli meat, deli slices, preserved meats and turkey bacon are not permitted for the 12 weeks.
- Albacore Tuna
- Wild caught Salmon (canned is fine)
- Freshwater Coho Salmon
- Farmed Oysters
- Pacific Sardines (canned is fine)
- Farmed Rainbow Trout
- Atlantic Mackerel
- Herring
- Pacific Halibut
- Pacific Caught Cod
- Farmed Arctic Char
- Northern Seas Wild Caught Haddock
- Wild Caught European Hake
- Farmed Abalone
- Wild caught King Crab
- Shrimp/Prawn
- Lobster
- **Please note that the fish/seafood selected has been chosen for best health and most sustainable practices.
- ***Please note portions of animal based protein must be no larger than a deck of cards and present for no more than 1 meal per day as often as possible.



DAIRY

- Plant based milks (choose unsweetened, refer to Swap Out list for more info)
- Plant based cheese (preferably nut or legume based, limit the coconut oil based cheeses)
- Plant based yogurt (choose unsweetened)
- Plant based ice cream
- Butter - Very limited amounts of pasture raised or grass fed butter will be permitted. But please refer to the Swap out list for more info.
- Ghee
- **Please note - all dairy or dairy based products must be plant based, with the exceptions of butter and ghee.



SWEETENERS

- Maple Syrup
- Raw Unpasteurized Honey
- Dates
- Date Syrup (made from dates you soaked)
- Xylitol (do not use if you have pets)
- Monk Fruit/Erythritol
- Bananas
- Unsweetened Apple Sauce
- Raisins
- Stevia



OILS

- Olive
- Spray Olive oil
- Avocado
- Sesame
- Truffle oil set in olive oil
- Any seasoned oil set in olive oil.
- In extremely limited and infrequent amounts, cold pressed canola oil.
- **Please note - favour broth or water over oils. Use no more than 1 Tbsp of oil to cook a pot of food that will serve 6 people.

CONDIMENTS & OTHER FLAVOURINGS

- Sambal Olek (Asian garlic/chilli paste)
- Any sauce made by Good For Good (they use dates instead of sugar in their sauce and their ketchup is almost identical to Heinz or French's)
- Mustard - any kind
- Vinegar - any, but must include apple cider vinegar more days than not
- Pesto - must be dairy free - basil, kale, tomato, pumpkin seed + cilantro, walnut, pistachio, parsley, arugula
- Tapenades - olive (green/black), fig + olive, caper, beet + za'atar
- Hummus - chickpea (with garlic or olives or red bell peppers or beets, etc.)
- Bean dips/spreads - i.e. white bean with sundried tomatoes, gremolata, chimichurri, zaalouk, ajvar, marmite
- Chutneys - tamarind, coconut, tomato, mint, cilantro, apple, mango, etc.
- Spinach/artichoke/tofu dip
- Lemon/artichoke sauce
- Roasted red pepper sauce/dip
- Tomato sauce/marinara/passata
- Tahini - lemon/tahini/dill, roasted garlic tahini, etc.
- Salsas
- Nutritional yeast
- Lemon/lime juice and/or zest
- Tamari/Soy Sauce
- Hot sauces/Frank's Red Hot sauces
- Sriracha Sauce
- Horseradish
- Sauerkraut (no sugar)
- Pickles and Relish (no sugar)
- Organic Miso paste

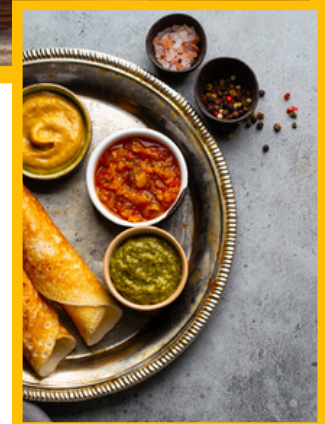
CONDIMENTS & OTHER FLAVOURINGS

- Tomato paste
- Vegan Mayo (preferably homemade), Vegenaïse
- Tomato Paste
- Dried shredded unsweetened Coconut
- Dark unsweetened Cocoa Powder
- Unsweetened dairy-free chocolate chips
- Nutritional Yeast
- Canned coconut milk - check the ingredients of the can. It should say coconut and water or just coconut. No other fillers.
- Vanilla extract
- Almond extract
- Panko bread crumbs (gf if you need)
- TVP (textured vegetable protein)
- Plant based alternative meats ie. Gardein Chicken strips, Impossible Food products - choose low fat and low salt.



FERMENTED FOODS

- Kimchi
- Sauerkraut
- Coconut kefir
- Non-dairy yogurt
- Dosa
- Tempeh
- Natto
- Kombucha (no sugar added)
- Miso
- Apple cider vinegar
- Organic Sourdough bread





There is really no end to the bounty of fruits, vegetables, nuts, seeds, beans, grains, legumes, etc. that Mother Nature lovingly provides for us around the world! We have listed just some that are commonly found in many recipes, but you are not limited to use only these. Please feel free to stock up on traditional foods of your culture, what is locally grown in your area, and what is in season, they will serve you best.



Food Swaps

This is a list of foods that, while on the P3 Weight Loss Experience, we encourage you to choose vs. what you may be used to using in the past.

The swaps we're recommending are based on the principles of the P3 Weight Loss Experience, and our commitment to you to provide the most up to date nutritional info and alternatives to support your Experience. Don't forget to use your P3 Pantry/Grocery list as your guide, if it's not listed then most likely it's not for you during this experience.

<p>✗</p> <p>Cow's dairy milk (skim, 1%, 2%, 3%, Whole)</p> 	<p>✓</p> <p>Plant based milks</p> 	<ul style="list-style-type: none"> ◦ make soy milk your first choice, always look for organic soy. ◦ when buying plant based milks look for unsweetened and oil free as much as possible. ◦ Best oat milks ◦ Best soy milks 		
<p>Cow's cheese</p> 	<p>Plant based cheese</p> 		<ul style="list-style-type: none"> ◦ here are some commercially available brands to look for. Also check out speciality stores and farmer's markets to see what's in your area: Violife, Daiya, Nuts for Cheese, Good Foods Queso Dip, Kite Hill, Chao, Miyoko's, Nutritional yeast 	
<p>Normal butter</p> 	<p>Grass-fed butter</p> 			<ul style="list-style-type: none"> ◦ You may use grass-fed butter in very small and limited amounts like Kerry Gold. ◦ Alternatively, try Miyoko's or Wildbine's WildCreamery.
<p>Cow's milk yogurt</p> 	<p>Plant based yogurt</p> 		<ul style="list-style-type: none"> ◦ There are a plethora of plant-based yogurts on the market. Make sure to purchase unsweetened and carrageenan free. ◦ Click here are some suggestions ◦ As well check out Riviera Coconut based yogurt. Coconut kefir is also great. 	
<p>Egg based mayonnaise</p> 	<p>Vegenaise</p> 			<ul style="list-style-type: none"> ◦ make your own ◦ Or purchase and use in limited amounts - Vegenaise
<p>Fish Oil</p> 	<p>Plant-based Omega 3's</p> 			
<p>Bacon</p> 	<p>Vegan Bacon</p> 		<ul style="list-style-type: none"> ◦ Make your own (rice paper) ◦ Make your own (king oyster mushroom) 	
<p>Eggs</p> 	<p>Limited #, or plant based</p> 			<ul style="list-style-type: none"> ◦ You are permitted 2 eggs per week, but if you're wanting more try this plant-based one ◦ or try this chickpea flour version
<p>Ground Beef/Steak</p> 	<p>Plant Based Substitutes</p> 		<ul style="list-style-type: none"> ◦ Portobello mushrooms ◦ Eggplant steak ◦ Cauliflower steak ◦ Gardein ground soya meat ◦ Plant based burgers 	

Food Swaps

Sugar and Sweeteners  → **Dates & natural sugars** 



Whey powder/milk solids



Agar/natural



Milk/Casein/Whey based Protein Shakes



Home-made fruit/veg smoothies



Protein bars/granola bars



Homemade granola bars



Typical or low calorie Bread



Whole grain



Fried snacks (chips)



Baked snacks



White Flour



Whole grain



Cereals



Homemade granola



Pop/Soda/Beer



Carbonated Water



FOODS TO AVOID

Some foods/additives/preservatives you may not know to avoid -

- Carrageenan
- Sodium Nitrite
- High fructose corn syrup

**Please note, if you can't recognize it as a food that grew out of the ground, and you know it's not a typical grocery store item, then most likely it's not for you.

- Coconut sugar, Soaked dates, Agave, Canadian Maple syrup, Demerara Sugar, Raw unpasteurized honey*(never cook it or add to anything steaming hot.), Beet Sugar, stevia, monkfruit, xylitol

- Xanthan gum, gellan gum Agar Agar, soy lecithin

- Plant based protein powder
- Example - Garden of Life Organic Protein Powder, Protein powders that are whole foods plant-based and based on either soy, hemp, pea, brown rice or a blend of vegan proteins.

- homemade bars and energy bombs/bliss bombs from the P3 meal plan

- **Choose gluten free for celiac
- Whole grain, rye, pumpernickel

- Baked veggie chips, crackers
- Example - Mary's Organic Gluten-free crackers, Veggie Straws, Harvest Snaps baked Snap Peas, air popped popcorn, Dark chocolate.

- Wholegrain, Organic unbleached, Almond flour, coconut, oat or Chickpea flour

- See P3 recipes for homemade granola

- EX. Bubly, AHA, La Croix, Perrier
- **please note that diet pop/soda or sugar-free pop/soda is not permitted i.e. no Coke Zero or Zero Sugar Pepsi.

ACTIVITY PLAN

LEARNING TO BE ACTIVE



Learning To Be Active



CONGRATULATIONS

You've decided that it's time to make physical activity a regular part of your life. Now, you are looking for ideas on how to boost your physical activity.



Try to make physical activity a part of every day.

Walk to work, take a physical activity break at lunchtime, or go for an after-dinner stroll. That way it's easy and fun, not a time crunch.





Choose activities you enjoy.

That way you're more likely to stick with it. If the gym isn't your style, head for a walking trail, do some gardening, work on your golf game or join a yoga class.





Go slow!

If you're just starting out, go slow and work up gradually. Make sure you have an action plan for each season, so that the weather doesn't get in the way. Work physical activity into your daily life. Take a walk around the block, play with your kids or dance to your favorite music.





List your likes!

List the activities you like (swimming, bowling, biking) and the rewards you hope to gain (better heart health, reduced stress). Then plan how to make them part of your daily routine. At work, carve out 10 minutes to walk during lunch. If you have children, ask your family, friends or neighbors to pitch in to watch the kids while you take that abotti class you've always wanted to sign up for.





Make it social!

Involve family and friends in your physical activity program. You'll gain support and companionship. You don't need to go it alone!





Consistency is key

Keep at it, and within three months or less, you'll notice a big difference in your fitness level. You'll feel better, have more energy, sleep more soundly and reduce your stress.



SPRING AND SUMMER

- abotti classes
- Biking
- Gardening
- Golfing
- Hiking
- Swimming
- Tennis
- Walking
- Water aerobics



FALL AND WINTER

- abotti classes
- Bowling
- Dancing
- Hiking
- Ice skating
- Mall walking
- Skiing
- Snowshoeing
- Yoga
- Hockey





OTHER IDEAS

- cycle or walk to work
- climb the stairs instead of taking the escalator or elevator
- get off the bus or subway a stop earlier and walk to work and home
- make appointments for walking meetings with co-workers
- walk the kids to school
- park the car further away from your destination
- walk to the corner store, bank and post office
- wash and wax the car by hand



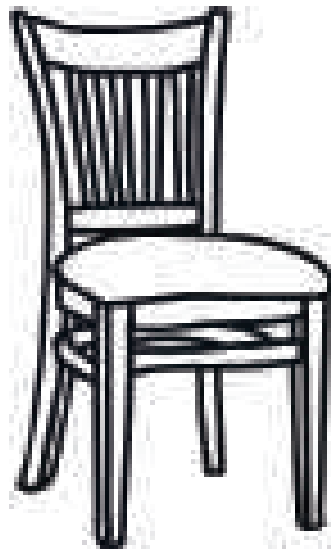
START WALKING

Walking is easy, fun and provides instant benefits. More than half the body's muscles are designed for walking; it's the body's natural movement that is virtually injury-free. From feeling great to supporting the environment, there are many rewards to walking. Walking lets you connect with family and friends, helps clear your mind and problem-solve, allows you to explore and enjoy your surroundings, and helps relieve stress and tension. Walking is the most popular physical activity- no special skill or equipment is required and it is easy to fit into 10 minute intervals throughout the day. And it's good for your health too!



ACTIVITY PLAN

BEING ACTIVE WITH
LIMITED MOBILITY





INTRODUCTION

You don't need to have full mobility to experience the health benefits of exercise. If injury, limited mobility or illness have limited your mobility, there are still plenty of ways you can use exercise to boost your mood, ease depression, relieve stress and anxiety, enhance your self-esteem, and improve your whole outlook on life.

What happens when you exercise?

When you exercise, your body releases endorphins that energize your mood, relieve stress, boost your self-esteem, and trigger an overall sense of well-being. If you're a regular exerciser currently sidelined with an injury, you've probably noticed how inactivity has caused your mood and energy levels to sink. This is understandable: exercise has such a powerful effect on mood that it can treat mild to moderate depression as effectively as antidepressant medication. However, an injury doesn't mean your mental and emotional health is doomed to decline. While some injuries respond best to total rest, most simply require you to reevaluate your exercise routine with help from your doctor or physical therapist.

Regardless of your age, current physical condition, and whether you've exercised in the past or not, there are plenty of ways to overcome your mobility issues and reap the physical, mental, and emotional rewards of exercise.

It's important to remember that any type of exercise will offer health benefits. Mobility issues inevitably make some types of exercise easier than others, but no matter your physical situation, you should aim to incorporate three different types of exercise into your routines:

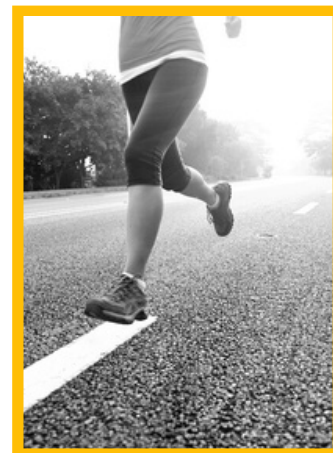
Cardiovascular exercises

that raise your heart rate and increase your endurance. These can include walking, running, cycling, abotti, tennis, swimming or water aerobics. Many people with mobility issues find exercising in water especially beneficial as it supports the body and reduces the risk of muscle or joint discomfort. Even if you're confined to a chair or wheelchair, it's still possible to perform cardiovascular exercise.



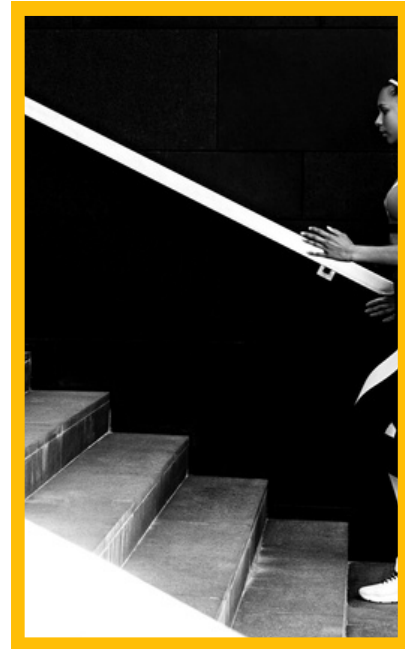
Strength training exercises

involve using weights or other resistance to build muscle and bone mass, improve balance, and prevent falls. If you have limited mobility in your legs, your focus will be on upper body strength training. Similarly, if you have a shoulder injury, for example, your focus will be more on strength training your legs and core.



Flexibility exercises

Help enhance your range of motion, prevent injury, and reduce pain and stiffness. These may include stretching exercises and yoga. Even if you have limited mobility in your legs, for example, you may still benefit from stretches and flexibility exercises to prevent or delay further muscle atrophy.



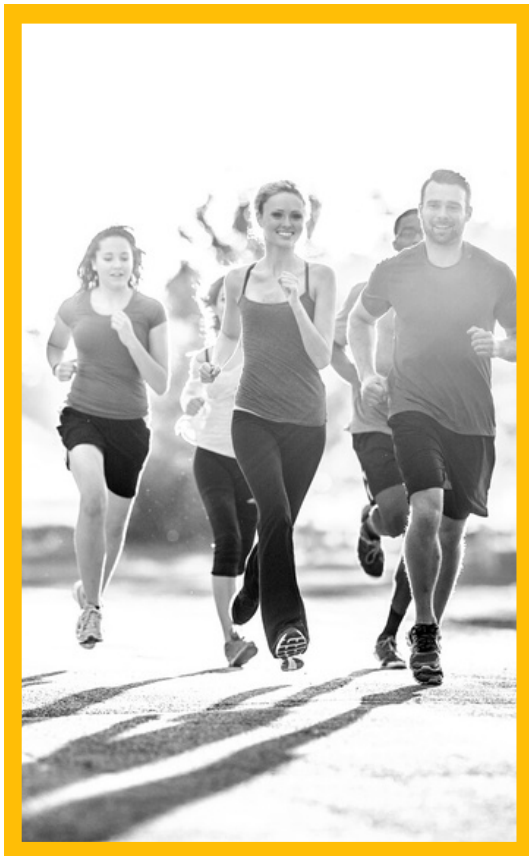
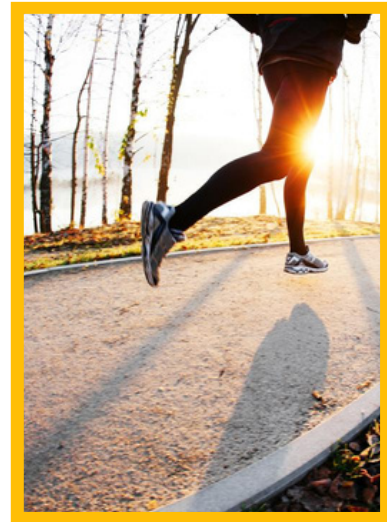
Start slow and gradually increase your activity level.

Start with an activity you enjoy, go at your own pace, and keep your goals manageable. Accomplishing even the smallest fitness goals will help you gain body confidence and keep you motivated.



Make exercise part of your daily life.

Plan to exercise at the same time every day and combine a variety of exercises to keep you from getting bored.



Stick with it.

It takes about a month for a new activity to become a habit. Write down your reasons for exercising and a list of goals and post them somewhere visible to keep you motivated. Focus on short-term goals, such as improving your mood and reducing stress, rather than goals such as weight loss, which can take longer to achieve. It's easier to stay motivated if you enjoy what you're doing, so find ways to make exercise fun. Listen to music or watch a TV show while you work out, or exercise with friends.



Expect ups and downs.

Don't be discouraged if you skip a few days or even a few weeks. It happens. Just get started again and slowly build up to your old momentum.



Stop exercising if you experience pain,

Discomfort, nausea, dizziness, lightheadedness, chest pain, irregular heartbeat, shortness of breath, or clammy hands. Listening to your body is the best way to avoid injury. If you continually experience pain after 15 minutes of exercise, for example, limit your workouts to 5 or 10 minutes and instead exercise more frequently.

Avoid activity involving an injured body part.

If you have an upper body injury, exercise your lower body while the injury heals, and vice versa. When exercising after an injury has healed, start back slowly, using lighter weights and less resistance.



Warm up, stretch, and cool down.

Warm up with a few minutes of light activity such as walking, arm swinging, and shoulder rolls, followed by some light stretching (avoid deep stretches when your muscles are cold). After your exercise routine, whether it's cardiovascular, strength training, or flexibility exercise, cool down with a few more minutes of light activity and deeper stretching.



Drink plenty of water

Your body performs best when it's properly hydrated.

Wear appropriate clothing

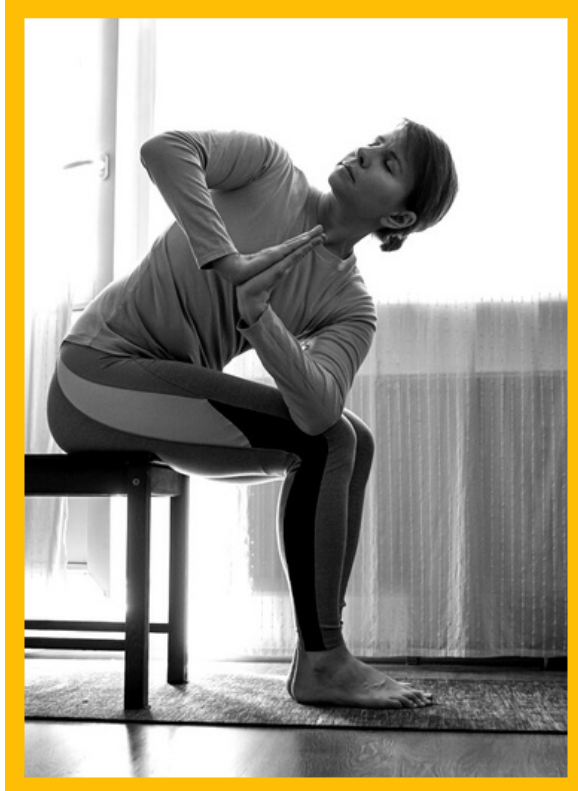
such as supportive footwear and comfortable clothes that won't restrict your movement.



Add a mindfulness element

Whether you're exercising in a chair or walking outside, you'll experience a greater benefit if you pay attention to your body instead of zoning out. By really focusing on how your body feels as you exercise—the rhythm of your breathing, your feet striking the ground, your muscles tightening as you lift weights, for example—you'll not only improve your physical condition faster, but may also experience greater benefits to your mood and sense of well-being.

Chair-bound exercises are ideal for people with lower body injuries or limited mobility. Cardiovascular and flexibility chair exercises can help improve posture and reduce back pain. If possible, choose a chair that allows you to keep your knees at 90 degrees when seated. If you're in a wheelchair, securely apply the brakes or otherwise immobilize the chair. Try to sit up tall while exercising and use your abs to maintain good posture. Chair aerobics, a series of seated repetitive movements, will raise your heart rate and help you burn calories, as will many strength training exercises when performed at a fast pace with a high number of repetitions. In fact, any rapid, repetitive movements offer aerobic benefits and can also help loosen stiff joints.



Conclusion

Many traditional upper body exercises can be executed from a seated position using dumbbells, resistance bands, or anything that is weighted and fits in your hand, like soup cans.

Perform exercises such as shoulder presses, bicep curls, and tricep extensions using heavier weights and more resistance than you would for cardio exercises. Aim for two to three sets of 8 to 12 repetitions for each exercise, adding weight and more exercises as your strength improves.



ACTIVITY PLAN

LEARN TO WALK | KILOMETER





INTRODUCTION

Walking 1 km is a BIG deal and you should be so proud of yourself for considering and wanting to add walking into your physical activity.

Walking is so GREAT for your health – to name a few, it's great for your cardiovascular health, alleviates stress, aids weight loss, increases energy levels and mood.



How long does it take to walk 1km:

Beginners: 12-15 mins

Intermediate: 10-12 mins

Advanced: 8-10 mins

How many steps do you get from walking 1 km:

Approximately 1100 - 1300 steps

Recommended Walking Techniques to Consider

- Keep your head up. You are looking forward, not at the ground
- Your neck, shoulders and back are relaxed
- You are swinging your arms freely with a slight bend in your elbows.
- Your stomach muscles are slightly tightened and your back is straight, not arched forward or backward.
- You are walking smoothly, rolling your foot from heel to toe

Plan your Routine

Get the right gear:

- Choose shoes with proper arch support, a firm heel and thick flexible soles to cushion your feet and absorb shock.
- Wear comfortable, loose-fitting clothes and gear appropriate for all types of weather, such as layers in cooler weather.
- Aim to wear moisture-wicking fabrics, which will keep you more comfortable. If you walk outdoors when it's dark, wear bright colors or reflective tape for visibility. Wear sunscreen, a hat and sunglasses if you're going out during the day.
- Some people choose to use an activity tracker, app or pedometer. These can be helpful to track your time, distance, heart rate and calories.

Choose your course carefully:

- If you'll be walking outdoors, avoid paths with cracked sidewalks, potholes, low-hanging limbs or uneven turf.
- An outdoor track is ideal, as the ground is softer
- If the weather isn't appropriate for walking, consider walking in a shopping mall that offers open times for walkers.

Warm up and Stretch:

Walk slowly for a minute or two to warm up your muscles and prepare your body for exercise. Stretch out your muscles before you begin.

Track your Progress

Keeping a record of how many steps you take, the distance you walk and how long it takes can help you see where you started from and serve as a source of inspiration. Just think how good you'll feel when you see how many miles you've walked each week, month or year.

Try using an activity tracker, like map my walk app, fitbit or pedometer to calculate steps and distance. Or record these numbers in a walking journal.



Stay motivated:

Starting a walking program takes initiative. Sticking with it takes commitment.

Set yourself up for success:

Plan out your walking days – you may want to start with once a week, then increase it to twice a week etc.

Make walking enjoyable:

If you don't like walking alone, ask a friend or neighbor to join you. You might like listening to music while you walk.

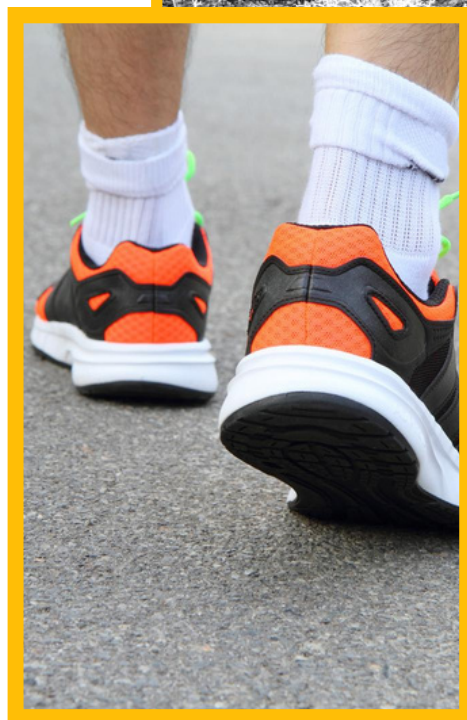


Vary your routine:

If you walk outdoors, plan several different routes for variety. If you often walk in your neighborhood, consider walking somewhere new.

If you're walking alone, tell someone which route you're taking. Walk in safe, well-lit locations.

Once you take that first step, you're on the way to an important destination — better health.



ACTIVITY PLAN

LEARN TO WALK 5K

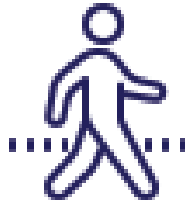


Walking tips for 5km



TRAINING TO WALK 5K STARTS
WITH JUST TRAINING TO WALK
MORE.

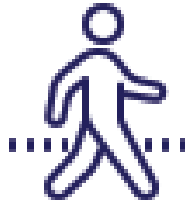
The better your body is at walking, the easier it will be to walk
the 5km.



The Right Shoes and Socks

Wear moisture-wicking socks that fit tightly and don't bunch or wrinkle. Make sure you are wearing shoes that support your feet and roll correctly with each step. Find the right shoes for your feet that don't rub, cause blisters, or leave your feet/knees/hips aching at the end of a walk.

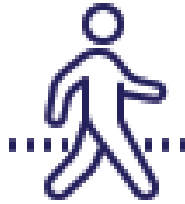




Posture and Walking Form

Practice good walking posture and form, especially when you are working to increase your speed. Keep your back relatively straight and swing your arms in a natural motion. Take even steps, not favoring one leg over the other. Don't allow your knees to knock or flare. Your body will most likely tell you what the right posture and form is as you walk.

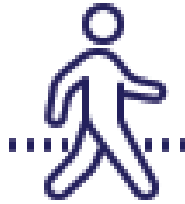




Remember to Breathe

Proper breathing ensures that you can walk long distances effectively. Try to breathe in through your nose and out through your mouth. Don't worry about 'huffing and puffing' – that's something that happens naturally when you're increasing your stamina and working hard. If your nose is stuffed, breathe deeply. Let the exercise clear your sinuses.

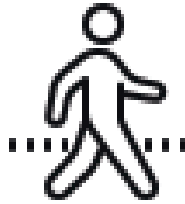




Prevent Injuries and Limit Impact

As you're starting to train for a 5k, you may be cranking up the intensity above what you're used to. Increasing your intensity can lead to soreness and injuries, especially if it's a sudden increase with inadequate rest. Shin splints (pain in your shins), foot pain and knee pain or soreness can happen as you build up endurance. Pay attention to how your body feels after a walk, and dial down the intensity if you're feeling sore. Take other steps to lower your impact, like focus on walking on flat, softer surfaces where possible.





Build a walking schedule

The best thing that beginners can do to train for a 5k is to commit to walking five days a week with at least one rest day. This kind of training schedule allows you to build up that walking habit, but you'll also have sufficient rest for your body to recover. There are a variety of specific schedules you can follow to meet a goal or be ready in time for a race, but they all follow the same principles. Here's how to build your own walk training schedule based on your own comfort and conditioning speed:



First Week: 15-Minute Walks

Start by taking a 15-minute daily walk. This is a relatively short walk, but if you're not used to walking it can actually tire you out. That's okay! Take 15-minute walks until your body adjusts and 15 minutes starts to feel easy.

Increase Your Time Each Week

When you're comfortable with 15-minute walks, increase your daily walking time to 20 minutes. When you're comfortable with 20-minute walks, increase your walks to 30 minutes. Each time your body adapts and you are no longer so tired or achy at the end of a walk, you're ready to increase your time. Remember, your goal is to reach 60-90 minutes of walking to be sure your stamina is ready to walk 5k in one go. Be aware that you might need to stay at a level for more than a week, or you may need to dial down the intensity if you're feeling sore. That's fine too!

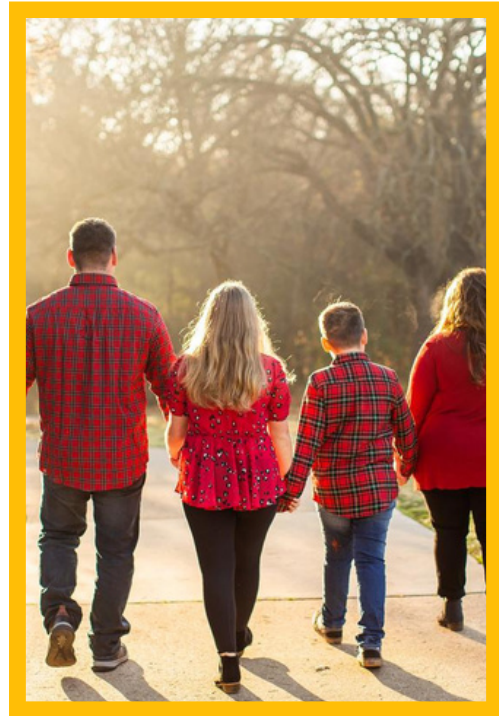
Add One Long-Walk per Week

Once you're walking 20 minutes a week, designate one day (ideally the day before your rest day) to take a longer walk. This could be a 25-minute walk during your 15-minute walking week, or it could be longer. You don't need to worry about your walking speed during this walk – you're just trying to get used to walking for a longer period of time.



Increase Your Speed

Once you feel comfortable with your normal walking pace, try increasing your speed. You can go a little faster the whole time or focus on interval training. Don't expect to be able to increase both your speed and walking time at the same time, as walking faster will tire you out faster. You can mix in shorter, faster walks with longer, slower walks and then start to increase the length of those shorter walks. Alternatively, you can do a 15-minute or 30-minute walking workout using intervals to build up your speed.



Overview

Walking 5k for an event or just as a personal milestone can help motivate you to walk longer, burn more calories and get fitter than ever. 5k is also a goal that most healthy people can easily reach after several weeks of dedicated walking. All it takes is walking a little longer each week until your body has adapted. Soon, you may even find yourself walking marathons as you get used to the routine of training and the thrill of becoming more fit.

ACTIVITY PLAN

LEARN TO WALK 10K





WALKING FOR EXERCISE IS A BEAUTIFUL THING

All you need to do is go out and move your feet. If you're hoping to take part in a 10K walking event, don't underestimate the need for proper training. Walking 10K is no joke, and you'll need to be organized and methodical about your walking program in order to have the most success during the event.



Step 1

Set aside about one hour for walking four days a week. Try to walk about every other day. Mark your walking time on your calendar so you won't schedule any other activities during your walking time.





Step 2

Warm up before every walking session by walking slowly for five to 10 minutes. Following that, perform some basic dynamic stretches such as leg kicks and arm circles.





Step 3

For the first three walking days of the week, walk at a moderate pace for about 30 minutes. This regular walking throughout the week will help you get in shape. Don't focus on distance during these walks -- just enjoy the time.





Step 4

On the fourth walking day of the week, walk 5 kilometers. Use a track or marked trail to track your distance. Doing this distance walk once a week helps you begin to build endurance.





Step 5

Practice good walking form. Keep your head up and eyes looking forward and keep your shoulders back, down and relaxed. Use your arms to maintain a strong stride, pumping an arm forward as the opposite foot steps forward.





Step 6

Cool down after every session by walking slowly for five to 10 minutes.





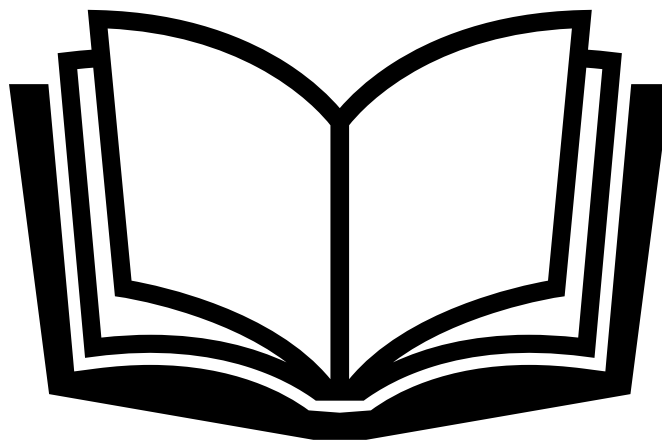
Step 7

Add five minutes to your timed walks and add a half-kilometer of distance to your endurance walk every week for eight to ten weeks. For example, for your timed walks, you start with 30 minutes the first week, so the second week, you'll move up to 35 minutes. For your endurance walk, you start with 5 kilometers, so you'll move up to 5.5 kilometers the second week. Continue adding time and distance to your walks so that by the tenth week, you'll be walking 9.5 kilometers during the endurance walk -- very close to the distance you'll be walking during your 10K event.



P3 MEAL PLAN

Resources





RESOURCES AND READING LISTS

WEBSITES TO FOLLOW FOR FOOD INSPIRATION

- <https://itdoesnttastelikechicken.com/>
- <https://minimalistbaker.com/>
- <https://www.veganricha.com/>
- <https://ohsheglows.com/>
- <https://www.budgetbytes.com/>
- <https://www.badmanners.com/>
- <https://www.avantgardevegan.com/>
- <https://www.noracooks.com/>
- <https://www.loveandlemons.com/>
- <https://beamingbaker.com/>
- <https://chocolatecoveredkatie.com/>

POSITIVE TALK and CREATING NEW ROUTINES RESOURCES

- [The Game of Life and How to Play It](#)
- [Your Word is Your Wand](#)
- [The Power of the Spoken Word](#)
- [Atomic Habits](#)
- [The Alchemist](#)
- [The Four Agreements](#)
- [Breaking the Habit of Being Yourself](#)
- [The Book of Joy](#)
- [Living Beautifully by Pema Chodron](#)
- [The Decision by Kevin Hart - this is an Audible book only](#)
- [Steve Harvey Motivational speeches - search Youtube for them and listen.](#)

ABOUT

THE AUTHORS

We started the P3 Weight Loss Experience to offer a community-based experience for real people looking for long-term weight loss solutions.

Beginning any weight loss journey can be challenging, and the P3 team understands.



Based on our personal experiences, we recognized the importance of balancing the Mind, Body and Soul to achieve weight loss success. We also understand the power of community and use that energy to propel you. We meet you where you are in your wellness journey, whether you are a beginner, a novice or have been at it for a while.

DEVELOP A NEW HEALTHY LIFESTYLE
FOR YOUR MIND, BODY & SOUL!

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