



THE Total 10

RAPID WEIGHT LOSS PLAN

DR. OZ'S UNIQUE PLAN WILL HELP YOU KICKSTART YOUR WEIGHT LOSS ROUTINE AND GIVE YOU THE MOTIVATION YOU NEED TO DROP POUNDS FAST!

WHAT YOU CAN EAT

WAKE-UP: Cup of hot water with lemon or green tea
(1 cup of coffee if needed)

BREAKFAST-SMOOTHIE: (Choose between 1 of 3 recipes)

PROTEIN: 12 oz. of poultry, eggs and/or fish

CARBS: 1/2 cup of cooked quinoa

FATS: Good fats in moderation (olive oil, avocado, coconut oil)

DAIRY: Optional 1 cup of 2% plain Greek yogurt per day

VEGETABLES: unlimited non starchy vegetables (see list)

UNLIMITED DETOX BROTH: (see recipe)

OPTIONAL SNACKS (2 PER DAY): Hummus, pickles, a couple handfuls of nuts, nut butter (2 tbsp.), 1 apple

WHAT YOU NEED TO ELIMINATE

- No wheat
- No artificial sweeteners (no diet soda)
- No white sugar
- No alcohol
- No processed foods
- No dairy (except Greek yogurt)
- No meals between 8pm-8am

OTHER THINGS TO DO

- Take a multivitamin with 1000IU of Vitamin D
- Detox bath every night (soak with 2 cups of Epsom salt & 1 cup of baking soda)



WEEKLY SHOPPING LIST

- Whey protein powder or egg white protein powder (if lactose issue)
- 3.5 oz. flaxseed oil (1 tbsp. a day in smoothie)
- 8 oz. box dried quinoa (1/2 cup a day)
- 1 bottle extra virgin olive oil or coconut oil
- 1 bottle vinegar of your choice
- Green tea (or coffee) if desired
- 4 3-lb. bags of Epsom salts
- 1 4-lb. package of Baking soda
- Lemons
- 4 bananas (freeze after buying)
- 56 oz. frozen berries
- 2 qt. unsweetened vanilla almond milk or unsweetened coconut milk **depending on smoothie you choose
- Optional: 7 plain 2% Greek yogurts (6-oz serving size)

SHOPPING LIST (DETOX VEGETABLE BROTH)

- 4 large onions
- 8 celery stalks
- 2 cups cabbage
- 8 cloves whole garlic
- Dried Ginger
- 4 cups of winter squash (for sweetness)
- 4 cups of root vegetables – pick one: turnips, parsnips, rutabaga
- 8 cups chopped greens –pick one: kale, parsley, beet greens, collard greens, chard, and dandelion)
- Sea Salt, to taste

(Or you can use 5 quarts of boxed, low-sodium, organic vegetable broth)

UNLIMITED NONSTARCHY VEGETABLES

- Artichokes
- Artichoke hearts
- Asparagus
- Bamboo shoots
- Bean sprouts
- Broccoli
- Brussels sprouts
- Cauliflower
- Celery
- Cucumber
- Daikon
- Eggplant
- Leeks
- Lentils
- Greens (collard, kale, mustard, turnip)
- Mushrooms
- Okra
- Onions
- Pea pods
- Peppers
- Radishes
- Rutabaga
- Squash
- Sugar snap peas
- Swiss chard
- Tomato
- Water chestnuts
- Watercress
- Zucchini
- Cabbage (green, bokchoy, Chinese)
- Salad greens (chicory, endive, escarole, iceberg lettuce, romaine, spinach, arugula, radicchio, watercress)

OPTIONAL EXTRAS

SNACKS

- hummus
- pickles
- a couple handfuls of nuts
- nut butter (2 tbsp.)
- 1 apple

MORE

- 1/2 cup beans (greens, kidney, garbanzo)
- canned pumpkin
- liquid stevia
- dates
- cocoa powder



BREAKFAST SMOOTHIE OPTIONS

Berry Smoothie

- 1 cup unsweetened vanilla almond milk
- ½ frozen banana
- ½ cup of frozen berries
- 2 tbsp. protein powder (whey protein powder or egg white protein powder)
- 1 tbsp. flaxseed oil
- ½ cup ice

Pumpkin Pie Smoothie

- 2 tbsp. protein powder (whey protein powder or egg white protein powder)
- 1 tbsp. flaxseed oil
- 1 cup unsweetened coconut milk
- ½ cup 100% pure pumpkin puree
- 1 tsp. pumpkin pie spice
- ¼ tsp. vanilla extract
- ½ frozen banana
- ½ cup ice

Chocolate Covered Almond Smoothie

- 1 tbsp. almond butter
- 2 tbsp protein powder
- 1 tsp. unsweetened cocoa powder
- 1 tbsp. flaxseed oil
- ½ frozen banana
- 1 cup unsweetened vanilla almond milk
- 2 dates
- ½ cup ice

VEGETABLE BROTH

For every three quarts of water add:

- 1 large onion, chopped
- 1 cup of winter squash cut into large cubes (for sweetness)
- 1 cup of root vegetables
 - Choose One: turnips, parsnips, and rutabagas
- 2 cups of chopped greens
 - Choose One: kale, parsley, beet greens, collard greens, chard, dandelion
- 2 celery stalks
- ½ cup of cabbage
- 4 ½-inch slices of fresh ginger
- 2 cloves of whole garlic (not chopped or crushed)
- Sea salt, to taste

Add all the ingredients at once and place on a low boil for approximately 60 minutes. It may take a little longer. Simply continue to boil to taste.

Cool, strain (throw out the cooked vegetables), and store in a large, tightly-sealed glass container in the fridge.

Heat gently and drink up to 3-4 cups a day.

Makes: 2 quarts or 8 cups

Prep time: 30 minutes

Cook time: 60 minutes

