

Build Your Health From The Inside Out

**How To Lose Your
First 20 Pounds By
Eating
Real Food**



Marc plano

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Introduction - What Makes The Plano Program Different

Hi! I'm Marc Plano, and I wanted to thank you for downloading this book - and to congratulate you for taking the first step toward a healthier YOU. You've taken a huge step towards losing weight, feeling amazing, and living a truly healthy lifestyle.

Building Health from the Inside Out.....

This book is filled with real, evidence-based science. At The Plano Program, our cutting-edge nutrition, personal training, and rehabilitation center in Orange, Connecticut, we've been dedicated to helping thousands of clients restore their health by using our integrated system of health and wellness.

We've taken all of our training, and what we've learned over the past twenty years working with all sorts of clients, and used it to develop delicious recipes, made with *real food*, that truly help people lose weight and feel amazing.

No gimmicks, no crazy chemicals, no pills or injections - nothing but real food, real people, and real results.

If you're interested in getting a personalized nutrition program, training, and help, you can reach out to us directly at 1-877-Plano-Plan or 203 -779- 6402.

I'd be happy to personally help you find out if our program is a good fit for you.

Thanks for reading, and enjoy the recipes!

Marc Plano

The Plano Program

“What Our clients Think:”

“Marc’s Plano Program totally changed my life! I now make better food choices and feel like a new person. If you are looking to change your eating habits and get healthy this is the program for you!”

Nick Falco, Orange, CT



Lost 80 lbs., off all medications!

Chapter 1: The (Real) Food Pyramid: The Easy Way To Tell Which Foods Will Help (and Which Will Hurt)

Many people have seen the Government's Food pyramid - it's the way most of us learned what foods we should be eating.

Did you ever think why the food guide pyramid is set up that way?

Let's take a look at who the major corporate sponsors of the American Dietetic Association are....

Dannon Co., General Mills, Coca Cola, Kraft Foods, PepsiCo, and Mars, Hershey's Inc.

Interesting huh?!

Not only do these company sponsors receive space at conferences to convince dieticians of the benefits of their products, required continuing education is often also run by these very same companies.

- Registered dietitians can earn continuing education units from Coca-Cola's "[Beverage Institute](#)" to learn more about "[urban myths](#)" concerning sugar and additives.
- Nestlé, the world's largest food company, can pay \$50,000 to host a two-hour "nutrition symposium" at the Academy's annual meeting.
- Companies on the Academy's list of approved continuing education providers also includes The Corn Refiner's Association (lobbyists for

high fructose corn syrup) sponsored three “expo impact” sessions at the 2012 meeting.

The Food Guide Pyramid has come under some harsh criticism in recent years by many scientists, nutritionists and medical researchers. It gives outdated, misinformation, and at worst, can lead to obesity and health problems.

The bottom line is that the food guide pyramid is set up to keep us eating a high sugar, high grain, high processed food diet in the name of the almighty dollar.

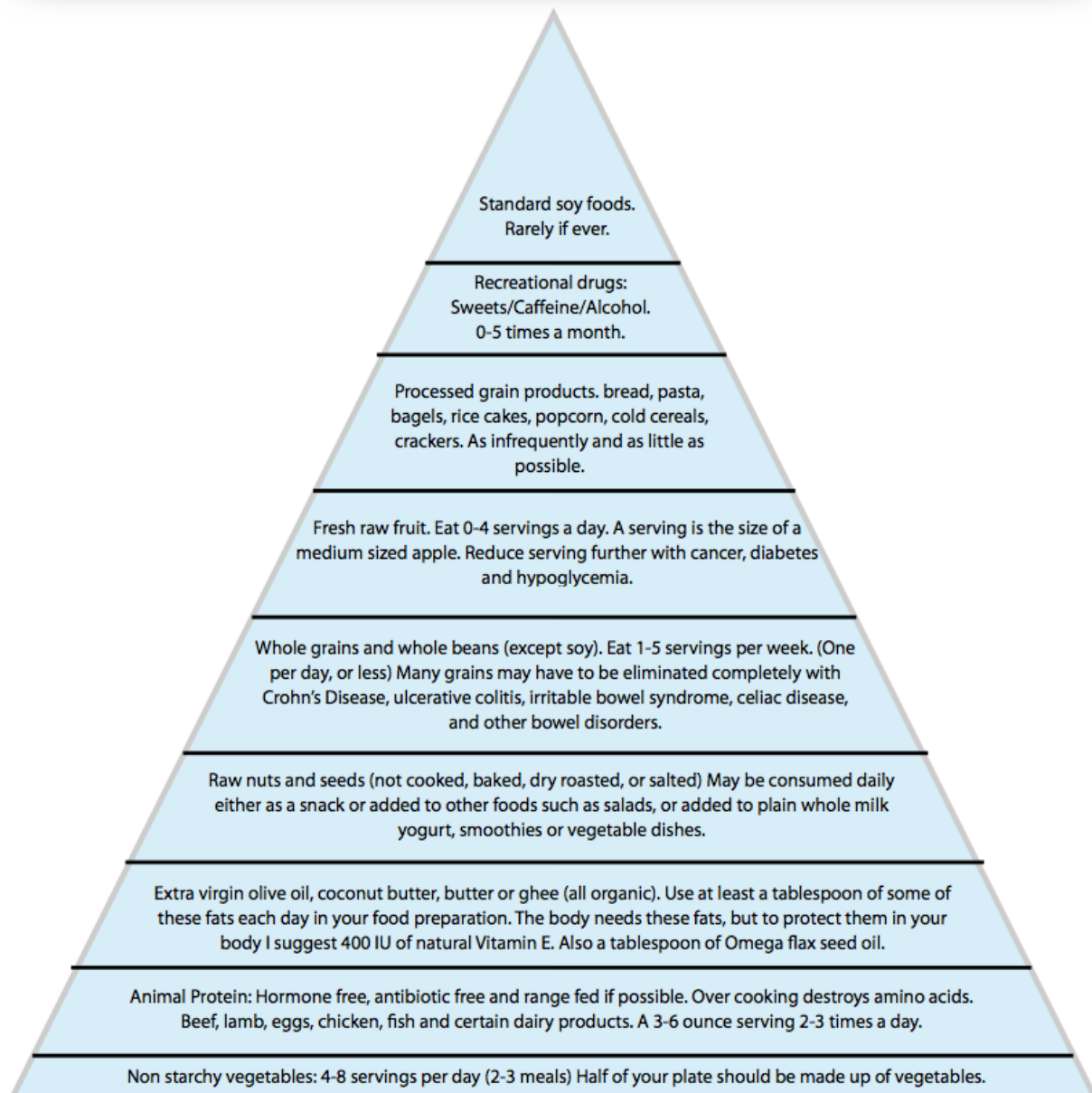
The other major problem with the food pyramid is that it overestimates the amount of grains people should be eating, while it underplays the amount of healthy proteins and fats we need.

Quite frankly, the food pyramid hasn't kept up with the times. We need a NEW food pyramid, one that incorporates all the latest science and knowledge about what makes people healthy.

To act as a guide, we've created The Plano Program Food Pyramid. It's detailed, it's scientific, and it's the easiest way to determine which foods you should be eating, and how much.

Print it out and keep it in the kitchen so you see it every day! By choosing healthy foods from the pyramid, you'll be guaranteeing yourself a healthy diet - and taking a huge step towards optimum health.

The Plano Program Food Pyramid



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Chapter 2 - Super Salads: The Secret To Creating Healthy, Delicious, Life-Changing Salads

Salads are the staple foods of healthy people everywhere. Everyone knows that when you're trying to lose weight, you should be eating salad....right?

Well, then why do salads have such a bad rap?

"They're boring.."

"They don't taste like anything.."

"They don't help me lose weight..."

We hear all sorts of complaints about salad at The Plano Program. And with good reason! With companies like McDonalds and other major restaurant chains producing salads that are often WORSE for you than a burger and fries, and with boring, tasteless salads everywhere, it's hard to get excited about a bowl of greens. How can we create delicious, tasty salads that are *actually good for you*?

Luckily, we've made it easy for you! Below you'll find the Plano Program Salad Guide. Need to lose weight, want to feel healthier? No problem! Just follow these simple, step-by-step guides and you'll be creating healthy, delicious salads in no-time.

Plant Program Salad Step 1: Choose A Base

Your base is the core of your salad. Here, we've listed several leafy green superfoods that are absolutely packed with vitamins and minerals.

Get creative! Based on your hunger level, enjoy 1-2 cups of any of the following (or a combination of several!)

- Arugula
- Bok Choy
- Dandelion Greens
- Endive (all varieties)
- Fennel
- Kale
- Radicchio
- Romaine
- Savoy Cabbage
- Seaweed
- Spinach

Plant Program Salad Step 2: Choose Your Add-Ins

Salads are typically better when the portion of vegetable add-ins are in quantities either equal to or exceeding the base layer.

So, for a salad that uses 1 cup of “greens,” you’ll probably want to add between 1 and 2 cups of a combination of the following super foods.

- Tomatoes
- Artichoke hearts
- Asparagus
- Avocado
- Banana Pepper
- Bell Pepper (all colors served either raw or roasted)
- Broccoli (fresh or pre-cooked)
- Carrots
- Cauliflower
- Celery
- Chickpeas
- Chilies (hey, some like it hot!)
- Cucumber
- Eggplant
- Green Beans
- Jalapeno Peppers
- Mushroom
- Olives
- Onion
- Radish

Plano Program Salad Step 3: Add Some Protein

Although we love our salads, the reality is a few cups of vegetables probably isn't going to keep you satiated until dinner time swings around.

Stave off the munchies by adding about 1 serving (which, when we discuss protein, is equivalent to the size of a deck of cards) of any of the following into the mix – just steer very VERY clear of deli meats, which are loaded with sodium and other preservatives and often have hidden sugars!

- Beef (grass-fed)
- Chicken (organic)
- Egg (Hard Boiled)
- Shrimp (cooked and served chilled)
- Tuna, Salmon or any other Wild Fish (either seared or canned)
- Turkey
- Venison

Plano Program Salad Step 4 (Optional): Occasional Add-Ins

Occasional Add Ins: While these shouldn't ever be considered a salad staple, every now and again it's nice to add one or two in to change up the routine!

- Blueberries
- Cranberries
- Grapes
- Raspberries
- Oranges
- Pear
- Strawberries
- Apple slices
- Cottage cheese/Ricotta cheese
- Cheese (feta, goat, mozzarella, Romano and blue are among our favorites!)
- Beans (Black, red, garbanzo, lentils etc.)
- Nuts (almonds, cashews, pecans, pine nuts, pumpkin seeds, walnuts) Water chestnuts
- Honey (and we're talking really occasionally and in very small doses here!)

Plano Program Salad Step 5: Add Some Oil

While some people would say that adding an oil to an otherwise healthy salad is counterintuitive, the oil actually adds flavor and helps keep you satiated long into the afternoon!

Rotate the below oils from time to time to maximize the benefits from each oil.

- Avocado Oil
- Extra Virgin Cold Pressed Unrefined Olive Oil
- Mayonnaise
- Plain Yogurt
- Macadamia Nut Oil
- Sour Cream
- Almond Oil
- Hazelnut Oil
- Safflower Oil

Plano Program Salad Step 6: Add an Acid

As a general rule of thumb use 3 parts oil to 1 part acid for a balanced dressing and to optimize blood pH.

- Apple Vinegar/Apple Cider Vinegar
- Balsamic Vinegar
- Champagne Vinegar
- Chinkiang Vinegar (best for Asian-inspired salads!)
- Cider Vinegar
- Rice Wine Vinegar (hard to find, but impressive when you do!)
- Lemon Juice
- Lime Juice
- Red Wine Vinegar
- Tarragon Vinegar
- Tomato Juice

Plano Program Salad Step 7: Add Some Herbs

Spices and Herbs are void of any calories and a great addition to any salad.

- Basil
- Celery
- Salt
- Cilantro
- Dill
- Dijon Mustard
- Garlic
- Garlic Salt
- Ginger
- Mint
- Oregano
- Paprika
- Parsley
- Pepper
- Tarragon

With these ingredients alone there are millions of combinations. Now go forth and eat yourself a big salad!

Or, if you're hankering for a delicious dressing, skip the garbage from the store and make your own! Here are a few super-simple, super-delicious salad dressings that are great for you.

Caesar Vinaigrette:

- 2 tbsp white wine vinegar
- 1 tbsp Dijon mustard
- 1 tbsp balsamic vinegar
- 1 tsp lemon zest
- 1 tsp honey
- 1/2 tsp Oregano
- 2/3 cup olive oil
- 1 clove garlic, minced
- 1/2 cup shredded Parmesan cheese (fresh is best)
- Salt and pepper to taste

Stir the white wine vinegar, dijon mustard, balsamic vinegar, lemon zest, honey, oregano, salt, and pepper together in a bowl.

Gradually whisk in the olive oil to make a thick-ish vinaigrette mixture.

Stir in garlic. Add Parmesan cheese just before serving (otherwise you get sludge!)

Cucumber Dill Dressing:

- 3/4 cup nonfat plain yogurt
- 3 tbsp fresh dill (chopped)
- 1 tsp sugar
- 2 teaspoons lemon juice
- 1 cup cucumber, peeled and seeded

Salt and pepper to taste, peel and seed cucumber.

Chop into small chunks and blend in a food processor until smooth.

Add all other ingredients. Blend until smooth.

Lime Almond Dressing:

- 1/2 cup fresh lime juice
- 1 tbsp honey
- 2 tbsp finely chopped unsalted roasted almonds
- 2 tbsp fish sauce (available in the Asian Specialty section of most major grocery stores)
- 1 tbsp fresh ginger (minced)
- 1 tbsp fresh cilantro (chopped)
- 4 garlic cloves (minced)

Add all ingredients to cruet or large mason jar. Shake until all ingredients are mixed!

Garlic Vinaigrette:

- 3 cups olive oil
- 1 1/2 cups apple cider vinegar
- 1/2 cup water
- 2 tbsp dried oregano
- 3 cloves garlic (pressed)
- Salt & pepper to taste

Pour all ingredients into cruet or large mason jar and shake until blended.

Orange Citrus Vinaigrette:

- 2/3 cup rice wine vinegar
- 1/3 cup orange juice
- 2 tbsp olive oil
- 2 tbsp chopped fresh cilantro
- 1 tbsp Dijon mustard
- 2 tsp minced garlic
- 1 tsp honey

Pour all ingredients into cruet or large mason jar and shake until blended.

Chapter 3 - Whey Protein: Unexpected Ways To Use This Amazing Fat-Burning Super Food

Getting protein in the morning is one of the best ways to keep your blood sugar stable and keep your energy going all day long.

Using whey protein powder is a great way to both save time and ensure proper nutrition.

Here are some surprising options for using whey protein to get that extra-healthy boost you need in the morning!

Basic Shake:

1-2 scoops whey protein powder

1 cup frozen berries

4 oz lite coconut milk or plain greek yogurt

4 oz water

1-2 Tbsp ground flax seeds

stevia or xylitol to taste (optional)

Power Oatmeal:

1 cup steel cut oats or other long cooking whole grain cereal. (You can soak it overnight to speed up cooking time)

¼ cup berries

After cooking the oatmeal, add 1 scoop whey protein powder and 1 Tbsp chopped nuts.

Sprinkle with cinnamon and xylitol or stevia (optional)

Power Applesauce:

Simply mix 1 scoop whey protein into unsweetened apple sauce for an afternoon pick-me-up.

Frozen Cappuccino:

1-2 scoops whey protein powder

4 oz decaf coffee

1 cup ice

1 tsp cinnamon

Blend in a blender until smooth and creamy and enjoy!

Chapter 4 - Super Shakes: Amazingly Delicious Shake Recipes That Will Change Your Life

We learned in the previous section that whey is great for you, and an amazing asset when trying to lose weight. But we didn't even talk about the classic use for whey protein - shakes!

Not only are the shake recipes below delicious - and they are! - but they're also packed full of superfoods, protein, and the vitamins and minerals you need to help you lose weight and feel amazing.

The best part? Shakes are easy and fun to make! They make excellent breakfast or lunch choices, and let you know exactly what's going into your body each day.

Coconut Smoothie:

Blend the following with ice:

1 scoop whey protein

1 Tbsp ground flax seed

½ banana (frozen)

½ cup coconut milk

stevia or agave nectar to taste

Kumquat-Blue

Blend the following with ice:

- 1 scoop whey protein
- 1 teaspoon ground flax seed
- ½ cup frozen blueberries
- 1 Tbsp grated kumquat
- ½ cup coconut milk

Raspberry & Apricot Smoothie

Blend the following with ice:

- 1 scoop whey protein
- ½ cup frozen raspberries
- ½ cup fresh or water packed apricots
- ¼ milk or ¼ water
- pinch of cinnamon

Southern Style Smoothie

Blend the following with ice:

- 1 scoop whey protein
- ½ cup frozen peaches
- 1/4 cup almond milk or water
- 2 tsp freshly grated ginger
- pinch of cinnamon

Strawberry Dream

Blend the following with ice:

- 1 scoop whey protein
- 1 Tbsp ground flax seed
- ½ cup frozen strawberries
- 1/4 cup coconut milk or water

Tropical Smoothie

Blend the following with ice:

- 1 scoop whey protein
- ½ cup frozen mango
- ½ cup coconut milk
- pinch of ground ginger



Choco-nana

Blend the following with ice:

- 1 scoop chocolate whey protein
- ½ banana
- 1 teaspoon chopped walnuts
- ¼ low fat milk or water

Orangeman

Blend the following with ice:

1 scoop whey protein

¼ cup orange juice

½ banana

½ cup low-fat milk or water

Tirami-Smooth

Blend the following with ice:

½ cup ricotta cheese

1 tablespoon slivered almonds

1 scoop chocolate whey powder

½ teaspoon finely ground coffee

Endless Summer

Blend the following with ice:

1 scoop vanilla whey protein

½ cup watermelon

½ strawberries

¼ cup milk or water

Punk'd Pie

Blend the following with ice:

1 scoop whey protein

¼ canned pumpkin

1 tablespoon chopped pecans

1 teaspoon ground flax

¼ cup low fat milk or water

Next Steps: How To Lose Your Next 20 Lbs.

Food should always be your first medicine. The Plano Program is not a “diet”, but a natural approach to building health using the best quality foods on earth, simple exercise, and positive attitude.

“You cannot lose weight to improve your health, You must improve your health in order to lose weight.”

Junk food additives, colorings, synthetic hormones, hydrogenated oils, allergenic foods, and many other components of mass produced food will shut down your healing systems and make you vulnerable to sickness and weight gain. By following the pillars of The Plano Program you will avoid harmful substances as much as possible and in the process build a healthy glowing body you so truly deserve.

Super Foods, Not Drugs!

The Plano Program believes all healing starts with Super Foods of the highest quality. Super Foods are loaded with nutrients crucial to a healthy, long life. These foods were chosen because they contain high concentrations of crucial nutrients, as well as the fact that many of them are low in calories. Foods containing these nutrients have been proven to help prevent and, in some cases, reverse the well-known effects of aging, including cardiovascular disease, Type II Diabetes, hypertension and certain cancers.

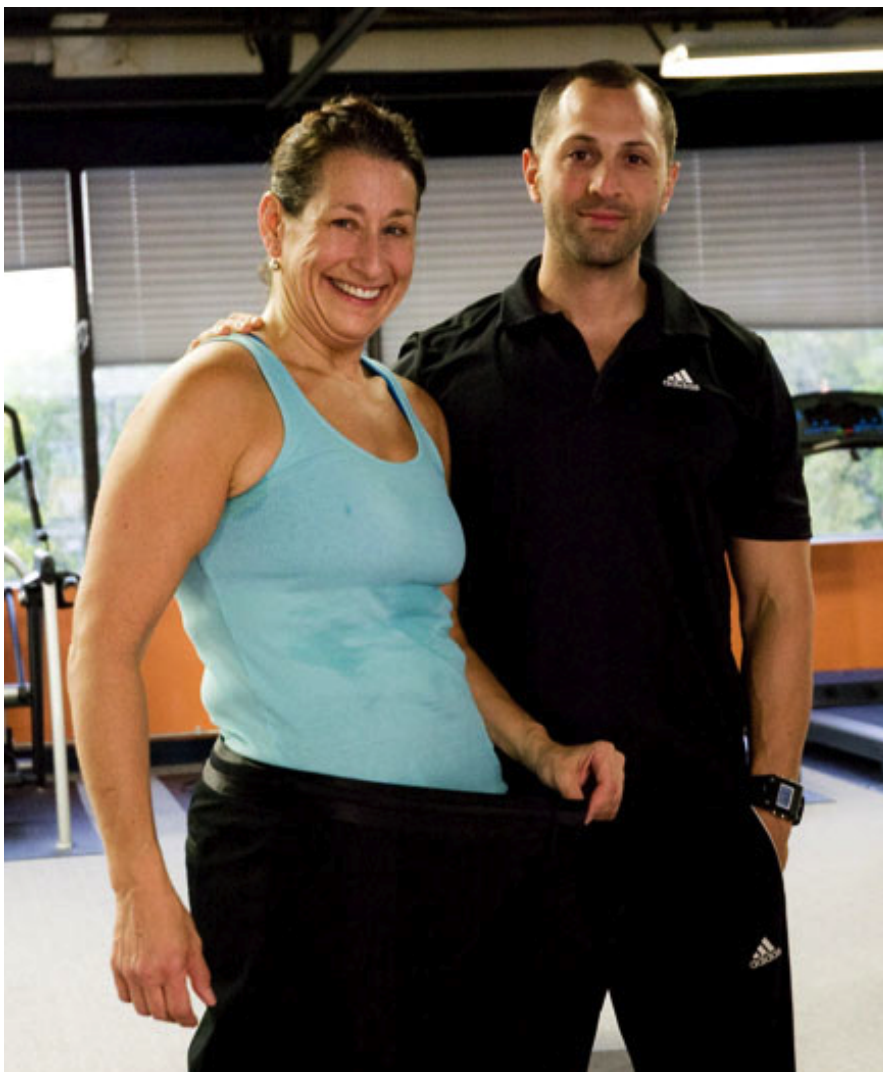
Modern medicine treats illness with drugs or surgery, brushing aside alternative and nutritional intervention.

More and more, people are given a bewildering array of drugs, some of which are prescribed to counter the side effects of the other drugs with virtually no attention paid to basic health, wellness, or lifestyle.

We invite you to schedule your free 30 minute consultation to help you understand how we can customize **a whole foods based program** specific to your age, lifestyle, medications, individual metabolism and food preferences.

We are confident our holistic health care program will help you restore your health while shedding unwanted fat without calorie restriction, counting points, using potions, lotions, powders or pills.

Contact NOW at marc@theplanoprogram.com or 1-203-779-6402



Donna V.
Over 100 lbs.
and counting!