

# The SuperFood Solution Weight Loss Meal

The SuperFood Solution Weight Loss Meal is a perfect support for weight management diets and lifestyles because:

- It is nutrient dense, made up some of the healthiest foods on the planet.
- It is very low in calories and carbs
- It is good tasting, filling and satisfying
- It provides long lasting energy
- It is quick and easy to make
- It fits into most any dietary approach; low fat, low calorie, zone / 40- 30- 30 / South Beach, or low carb.

## The Recipe

To 10-12 ounces of cold mineral water add:

- 1 scoop (12 gm) NanoGreens10, Fruits and Vegetable to The Power of 10
- 1 scoop (18 gm) NanoProPRP, Whey Protein with Colostrum Peptides
- 1 scoop (12 gm) NanOmega3, Golden Flax, Vegan DHA & Synergistic Vitamins
- Blend well and enjoy slowly.

## Nutritional Facts

Calories 165 \_ Prot ein 15 gm \_ Fat 4 gm \_ Carbs 18 gm \_ Fiber 7 gm \_ Net Carbs 11 gm\*

\* Net carbs is derived by subtracting carbohydrates from fiber, which are indigestible, from total carbohydrates

## Satisfaction Guaranteed

The secret to the SuperFood Solution Weight Loss Meal is that the most satiating (filling) foods are protein and fiber. As you can see, the SuperFood Solution Weight Loss Meal is rich in both and yet only adds 165 calories to the menu! And because the natural ingredients are all considered “super foods” many people begin to feel “super energized” when they enjoy them daily!

## Super Charge It!

Green tea may enhance fat burning related to its caffeine and antioxidant polyphenol (EGCG) content. With your health professional’s approval, you may consider adding up to a ½ dozen green tea bags to a quart of water and let it sit overnight. Green tea is special because it contains a unique amino acid called theanine. Theanine has a calming effect which tends to tone down some of “jitters” persons may experience from other forms of caffeine. Then use the green tea to replace the 10 -12 ounces of water in the recipe.

## Cheat a Little!

As the SuperFood Solution Weight Loss Meal is so low in calories, your diet plan may allow you to add other foods. Consider blending in a ¼ cup of berries or plain low fat yogurt, or even a teaspoon of extra virgin coconut oil.\*

## Spice it up!

For those of you who need to control your blood sugar, adding a ¼ teaspoon of cinnamon may be useful as cinnamon may help your insulin work better.

## Water, Water Everywhere

Be sure to drink at least 2 quarts of water a day. With low calories diets it is hard to get enough alkalizing minerals like sodium, potassium, calcium and magnesium. So consider a high mineral “hard” water.\* Adding a squeeze of lemon or lime makes the water more enjoyable and adds extra alkalizing minerals.

\* You can use pH sticks to help determine how hard your water is. The more alkaline the better.

## When to Enjoy?

Although most Americans agree in the importance of consuming breakfast, the majority of us miss out on this meal. And of those who do eat breakfast, it is often the least healthy meal of the day being some variation of coffee and a donut.

For most patients, breakfast is the best time to use super food meals as they are easy to prepare and consume. If it is helpful, a second meal either in the mid-afternoon, an hour before dinner, or as a late night “snack” are also good times.

[For more information see pp 13 -14 in \*The SuperFood Solution™ User’s Guide.\*](#)