

THORNE



Weight Management Program

Your best weight is whatever weight you reach when you're living the healthiest life that you can *honestly enjoy*.



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Getting started

In order to be successful with your weight management plan, it is important to determine why you want to achieve a different weight. Are you trying to avoid health problems, feel better, have more energy, be able to play with your children or grandchildren, sleep better, decrease medications, or live longer?

Whatever your reason, once you've identified it, you will have an easier time sticking to a program.

10 Tips for making meaningful change



Focus on healthy lifestyle changes



Set realistic and achievable goals



Set one goal that has nothing to do with weight



Make healthy eating a daily activity



Engage in daily structured activities, including exercise



Stock your kitchen with the foods you need to get started



Be sure you're adopting habits you can keep



Enlist support from family and friends



Set a specific start date



Adopt new habits slowly

Note: Before embarking on a weight management program, be sure to consult with your health-care practitioner.

Two-week program

The Thorne Weight Management Program provides a comprehensive plan for how to eat, exercise, and supplement. We recommend doing the program in two-week increments, unless otherwise advised; may be repeated for another two weeks or as many times as advised. Although we recommend a specific time frame, the idea is to develop healthy, lifelong habits.

Diet

Meals should be small and only one serving of each food group as outlined below. No meal (breakfast, lunch, dinner) should provide more than about 400 calories.

How to fill your plate

Each meal should have:

- / 1 serving of protein – Equal to one palmful
- / 1 serving of vegetables – Equal to three handfuls

Note: 1 serving of fruit (equal to one handful) can be substituted for 1 serving of vegetables once per day.

Each day you should have:

- / 1 serving of healthy fats – Equal to three fingers or 1-2 Tbsp
- / ½ to 1 ounce of water per pound of body weight per day

Health tip: The rule of thumb is to drink ½ to 1 ounce of fluid per pound of body weight per day. So, someone weighing 150 pounds should be drinking a minimum of 75 ounces of liquid per day. There are 16.9 ounces of water in a standard-sized water bottle, which translates to drinking 4.5 bottles worth of fluid per day.

Portion control

A very easy way to get the right amount of food each day for your size is to use your hand to help you measure. You can do this for most foods on the list.

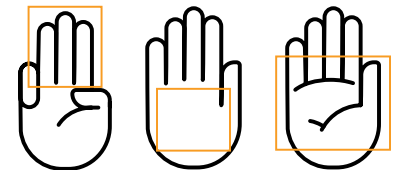


FIG. 01 Three-finger length
FIG. 02 Palm-size
FIG. 03 Handful

FIG. 01

FIG. 02

FIG. 03

Meal timing



Eat breakfast

Try to eat breakfast within 1 hour of waking up.



Space it out

Eat your balanced meal every 4-6 hours plus 1 snack.



Stay hydrated

Begin your day by drinking 16 ounces of water & drink water throughout the day.



Stop before 10

Don't eat after 10 pm. When you are hungry late at night, have one serving of fruit or nuts.

Diet

Allowable food & drinks list

Below and on the following pages is the list of what you can eat and drink and what to avoid on the program. We encourage you to take the list with you while grocery shopping so you can stock up on foods that will help you reach your weight goals!

Protein

One serving each meal. One serving should be the size of the palm of your hand unless otherwise stated.

Optimal sources

Beans*	Eggs†	Low-fat cheese	Soy Beans*
Beef	Fish	Pork (lean)	Split Peas*
Chicken	Greek yogurt	Prawns	Tofu / Tempeh**
Cornish hen	Lamb	Scallops	Turkey
Duck	Lentils*	Shrimp	Wild Game

Avoid

Very fatty meats

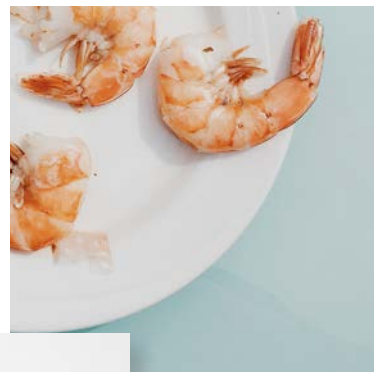
Cured / luncheon meats

Breaded or deep-fried protein sources
(sautéed in a healthy fat is fine)

/ †1/2 cup serving

‡2 whole or 3 whites + 1 whole

** 2 palm servings per meal



Diet



Vegetables

One serving each meal. One serving should be equal to three handful-sized servings unless otherwise stated.

Optimal sources

Alfalfa sprouts	Cauliflower	Kohlrabi	Snow peas
Artichoke	Celery	Leeks	Spinach
Asparagus	Chard	Lettuce – all types	Sprouts
Bamboo shoots	Cucumber	Mushrooms	Squash
Bok choy	Eggplant	Okra	Tomato
Broccoli	Endive	Olives	Turnip
Broccolini	Fennel	Onions	Water chestnuts
Brussels sprouts	Green beans	Radicchio	Zucchini
Cabbage	Kale	Radish	

Limit

If you choose these vegetables, only use a single handful for a serving instead of three handfuls, because these are starchy vegetables and are higher in carbs.

Avocado	Corn	Pumpkin
Carrots	Parsnips	Potato
Cassava	Peas	Sweet potato

Fruits

One handful of fruit can replace one handful of vegetables each day.

Optimal sources

Apples	Grapefruit	Mulberries	Plums
Apricots	Kiwis	Nectarines	Pomegranate
Blackberries	Lemons	Oranges	Raspberries
Blueberries	Limes	Passion fruit	Strawberries
Cantaloupe	Loganberries	Peaches	Watermelon
Cherries	Longans	Pears	
Cranberries	Mangos	Persimmons	
Figs (fresh)	Mangosteen	Pineapple	



Diet



Healthy oils

Use 1-2 tablespoons per day; cold pressed oils are preferable.

Optimal sources

Coconut oil	Ghee	Macadamia oil	Sesame oil
Flax oil	(clarified butter)	Olive oil	Walnut oil

Health tip: A recent study showed that cooking rice with a teaspoon of coconut oil increases a substance called resistant starch. Resistant starch is not broken down into simple sugars so this makes your grains lower in calories. The coconut oil should be added to the cooking water (not after cooking) to achieve this effect.

Healthy nuts & seeds

One serving per day as desired as a source of healthy fats. A serving should be about the amount you can hold on three fingers.

Optimal sources

Almonds*	Flax/Linseeds	Pecans	Pistachios
Brazil nuts	Hazelnuts*	Pepitas (pumpkin seeds)	Sesame seeds
Cashews*	Macadamias	Pine nuts	Sunflower seeds
Coconut meat	Peanuts*		Walnuts

*Or 1 Tbsp of nut butter

Grains

Grains are generally limited or avoided on this diet because the added carbohydrates make weight management more challenging – especially early on. If you choose grains, then limit them to a small serving (a handful or less cooked).

Avoid entirely if possible, but select from following list:

Brown rice	Millet
Barley	Oats
Corn tortilla (1 small)	Quinoa
Kashi cereal (unsweetened)	Whole grain or rye crackers

Diet



Non-alcoholic drinks

Optimal sources

Water (flat or sparkling – with lemon or lime as desired)

Tea (black, green, herbal – unsweetened)

Coffee (unsweetened; small amount of milk or milk substitute is fine)

Milk (cow – non-fat or 1%, unsweetened almond, unsweetened coconut)

Alcoholic drinks

Alcohol is best to avoid, but if you must, you can have 1-2 drinks/week.

Avoid entirely if possible, but select from following list:

Cabernet	Light rum	Scotch
Champagne	Merlot	Tequila
Chardonnay	Pinot	Vodka
Gin	Pinot grigio	Whiskey
Guinness beer	Prosecco	
Light beer	Sauvignon blanc	

Optimal mixers

Blood Mary mix	Sparkling water (flavored)
Diet tonic	Tomato juice (low sodium)
Soda water	V8

Recap on what to avoid

Here are the 6 types of food and drinks to avoid:

All refined sugars	Sweetened drinks
Alcohol	Grains (including bread and rice)
Deep fried foods	Highly processed and very fatty meats

Supplements




Nutritional supplementation is an important factor in helping to improve your metabolism. To help you reach your weight goals, we recommend three evidence-based supplement products – **MediBolic®**, **Super EPA**, and **FloraMend Prime Probiotic®**. Together, these products help make the program effective because they:

- ✓ Reduce hunger and cravings*
- ✓ Promote energy and positive mood*
- ✓ Promote loss of fat and preservation of lean body mass*
- ✓ Improve metabolism and insulin sensitivity*

MediBolic



MediBolic is the cornerstone supplement to this program. MediBolic is a rice and pea protein-based nutritional supplement with added soluble fiber, a complete multi-vitamin/mineral complex, and additional unique botanicals and nutrients for weight and metabolic support.*

One serving (2 scoops) contains 140 calories, plus 18 grams of protein, 10 grams of fiber, and 6 grams of sugar per day. We recommend replacing a meal with a healthy shake to support your weight loss goals and ideal body composition. MediBolic is the perfect protein source for your shake.

2 ×  **How to use**
½ serving (1 scoop) twice daily



FloraMend Prime Probiotic

FloraMend Prime Probiotic helps maintain a healthy balance of beneficial intestinal flora (the good bugs).* Specific probiotics (including *Lactobacillus gasseri*) have been shown to actually help waist circumference.*

 +  **How to use**
1 capsule with breakfast / morning shake

Super EPA (omega-3 fish oil)

Super EPA helps maintain healthy levels of blood sugar and triglycerides, promotes healthy insulin response, provides healthy fats, and benefits heart health.*

 +  **How to use**
2 gelcaps with dinner / evening shake

— **Note:** These products can be purchased individually or bundled in Thorne's **Weight Management Bundle**.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

Activities

Making dietary changes is just the first piece of the weight management puzzle. Making the healthy lifestyle changes listed below will help ensure long-term success.



Test

Consider taking the easy, at-home Weight Management Test to discover other clues to help reach your weight goal. This at-home blood and saliva test provides insights by measuring key biomarkers associated with weight management.



Exercise

Try to get 30-60 minutes a day of moderate physical activity or 10,000 steps each day monitored with a pedometer, Fitbit®, or other tracker. You can break the exercise up in blocks as small as 10 minutes if that is helpful.



Sleep

Scientific studies are increasingly showing that a lack of sleep can harm metabolism and promote weight gain. Adults need at least seven hours of sleep to have a healthy metabolism.

We don't know all the reasons why, but here are a couple: When you don't get the necessary amount of sleep you have more ghrelin and less leptin.

So, what does that mean?

























- ✓ Ghrelin is a hormone that signals us to eat and leptin is a hormone that signals us to stop eating.
- ✓ When these hormones are imbalanced, it's much harder to control eating behavior.



Sample meal plan

We encourage you to customize your meal plans based on our allowed food lists. But, you can also follow our sample meal plan below and review our recommended recipes.

Note: All shakes contain 1 scoop of MediBolic.

	Breakfast	Lunch	Snack	Dinner
Monday	Egg-spinach bird's nest sauté  FloraMend	MediBolic apple pie shake 	MediBolic basic shake 	Poached salmon & spring onions  Steamed broccoli w/ lemon & olive oil Super EPA
Tuesday	MediBolic nutty vanilla shake  FloraMend	Kale salmon salad  (leftover salmon from Mon.) Green apple dressing 	MediBolic basic shake 	Hearty beef & vegetable stew  Super EPA
Wednesday	MediBolic pumpkin shake  FloraMend	Hearty beef & vegetable stew  (leftover from Tues.)	MediBolic basic shake 	Stir-fried vegetables Protein of choice (chicken, shrimp, beef, tempeh, etc.) Super EPA
Thursday	MediBolic Greek honey yogurt shake  FloraMend	Yogurt – 1 cup Nuts – 1 serving (3 fingers) Fruit – 1 serving (1 handful)	MediBolic basic shake 	Baked chicken breast Coconut lime cauliflower rice  Steamed vegetables of choice Super EPA
Friday	MediBolic pecan coconut shake  FloraMend	Chicken Caesar salad	MediBolic basic shake 	Zucchini fritters Cauliflower rice  (leftover from Thurs.) Super EPA
Saturday	MediBolic vanilla cinnamon protein pancakes  FloraMend	MediBolic basic shake 	Hummus & raw veggies	Chicken taco salad Vegetarian chili Super EPA
Sunday	Vegetable frittata w/ feta cheese  FloraMend	MediBolic basic shake 	MediBolic coconut cashew banana shake 	Spicy scrambled tofu & veggies  Super EPA

Mindfulness & mindful eating

Mindful eating is a weight-loss strategy that encourages you to slow down, pay attention to what you're eating, and manage your thoughts. Although it might not be the first thing you think of as a weight-management tactic, practicing mindfulness on a regular basis could help you achieve your weight-loss goals.

Try the following mindful eating practices as you prepare and eat your food.



Practice acceptance

Be aware of critical or judgmental thoughts about food, your eating habits, and your body. Let go of those thoughts and instead concentrate on what you are doing in the moment.¹



Make a conscious decision to eat

Before eating, ask yourself, "How hungry am I right now? Am I eating because of hunger, habit, boredom, or emotion?"²



Avoid distractions

Eat at a table. Turn off the television; put away your cell phone and all reading material. Don't work while you eat.²



Appreciate your food

Start your meal by taking a moment to express your gratitude for the food in front of you.¹



Take a breath

Before and during your meal, consciously take several deep breaths.¹



Use all your senses

Notice the smells, textures, sounds, colors, and tastes. Ask yourself how much you're enjoying the food and how appealing it is.¹



Enjoy modest portions

Eat slowly and savor each bite. Stop as soon as you feel satisfied.²

1. *Food for thought: Starting your mindful eating journey.* The Center for Mindful Eating. thecenterformindfuleating.org/food-for-thought. [Accessed October 1, 2020]

2. Hensrud D. *The Mayo Clinic Diet*. 2nd ed. Mayo Clinic, 2017.

Shake recipes

We have assembled several weight-friendly recipes for your cooking and eating enjoyment. These are but a sampling of our favorites. A more extensive collection can be found at thorne.com

Note: 1 scoop is equal to 1/2 serving; two shakes daily will provide a full recommended daily serving of MediBolic.

Basic shake

1 scoop MediBolic
5-7 oz Water or liquid of choice (cow, coconut or nut milk)

Coconut cashew banana

1 scoop MediBolic
4-5 Finely ground cashews
6-7 oz Coconut milk
1 Tbsp Coconut milk yogurt
1/2 Banana

Nutty vanilla

1 scoop MediBolic
1/8 cup Cashews blended with 2 oz. of water until creamy
4 oz Water
1/8 tsp Organic vanilla powder or vanilla extract
1 Tbsp Chia seeds

For a strawberry twist, add 1/4 cup organic strawberries

Pumpkin

1 scoop MediBolic
6-7 oz Coconut (or other) milk
2 Tbsp Organic pumpkin (canned)

For extra richness, 1-2 tablespoons of yogurt can be added (plain, vanilla, or honey yogurt, or a non-dairy “yogurt” such as yogurt made from coconut milk can be substituted). For additional spice, a dash of pumpkin pie spice can be added.



Shake recipes



Greek honey yogurt

1 scoop	MediBolic
6-7 oz	Spring water
1-2 Tbsp	Greek honey yogurt or non-dairy substitute

Almond cinnamon roll

1 scoop	MediBolic
6-7 oz	Almond milk
Dash	Almond extract

For extra richness, one tablespoon of plain, honey, or vanilla yogurt, or one-half of a banana, or several almonds ground to a powder can be added.

Pecan coconut

1 scoop	MediBolic
1/2 Tbsp	Finely ground pecans
6-7 oz	Coconut milk
2	Ice cubes

Cinnamon roll latte

1 scoop	MediBolic
4 oz	Almond milk
1/2 shot	Espresso
1/2	Banana (for extra thickness)
1-2	Ice cubes

Apple pie

1 scoop	MediBolic
4 oz	Unsweetened organic applesauce
6-7 oz	Water or milk (cow, coconut or nut milk)

For an extra cold shake, freeze single serving containers of applesauce.

Breakfast recipes

Egg-spinach bird's nest sauté

Serves 1

Ingredients

3 handfuls	Spinach
1 Tbsp	Finely chopped onion
2 Tbsp	Shredded Parmesan cheese
2	Eggs
1/2 Tbsp	Butter, ghee, or oil (olive or coconut)
Etc	Black pepper (optional)

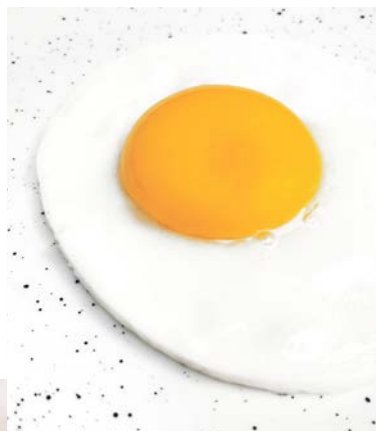
Directions

Heat butter or oil in a saucepan.

Sauté the onions until translucent.

Add the spinach and **sauté lightly**. Make into 2 bird's nest shapes and crack an egg into each one.

Sprinkle cheese and black pepper (optional) on top of egg. Cover pan and cook until egg yolks are the desired consistency.



MediBolic vanilla cinnamon protein pancakes

Serves 1 (4 pancakes)

Ingredients

1 scoop	MediBolic
1 Tbsp	Almond or hazelnut meal
2 Tbsp	Water, milk, or nut milk
1	Egg

Directions

Combine ingredients in a bowl.

In a non-stick pan, cook on moderate heat for approximately **2-3 minutes** on each side. If necessary, you can use olive oil, coconut oil, or a small amount of butter to prevent sticking. Watch carefully as it may burn quickly.

Try serving buttered with a handful of mixed berries or stewed apple and cinnamon.

Note: To make almond or hazelnut meal, place nuts in food processor or grinder.

Breakfast recipes



Spicy scrambled tofu

Serves 1

Ingredients

- 2 palm-size Portions of soft/silken tofu
- 3 handfuls Diced bell pepper, tomato, summer squash, onion, and/or other vegetables of your choice
- 1 Tbsp Olive oil
- 1 tsp Mixed herbs of your choice
- Etc Cholula, Sriracha, or other hot sauce (optional)
Cracked pepper and sea salt to taste
Paprika to season

Directions

Finely chop vegetables, add to oiled frying pan, and **sauté** with mixed herbs until tender. Add tofu, breaking up and stirring until heated through.

Add 2 drops of hot sauce (optional) and **season** with pepper and salt to taste.

Place on plate and **sprinkle** lightly with paprika.

Vegetable frittata with feta cheese

Serves 2

Ingredients

- 4 handfuls Coarsely chopped vegetables (e.g., squash, peppers, broccoli, onions, mushrooms, etc.)
- 1/2 cup Crumbled feta
- 4 Eggs
- 1 Tbsp Olive oil
- 1 Tbsp Dried herbs or finely chopped fresh herbs (e.g., basil, lemon thyme, chives, etc.)

Directions

Coarsely **cut and steam** vegetables until tender or use leftover vegetables from the night before; set aside. **Whisk** eggs and herbs.

Add oil to a large frying pan and place on a **very low heat**. Add half of egg mixture to pan and cook for one minute.

Place vegetables and crumbled feta in pan and **cover** with remaining egg mixture.

Cover and cook on very low heat until cooked through.

Lunch & dinner recipes

Poached salmon with spring onions & white wine⁺

Serves 4-6

Ingredients

2 lbs	Wild salmon fillet	3 Tbsp	Extra virgin olive oil
2	Spring onions	1/2 cup	White wine
3-4 sprigs	Fresh thyme	Etc	Herbamare® Black pepper

Directions

Rinse the fish fillet and pat dry. Place into pan **skin-side** down. Trim the ends off of the onions and cut in half lengthwise; run under **cool water** to remove any dirt and sand. **Place** the spring onions and fresh thyme on top of the salmon.

Drizzle with olive oil. Add the white wine to the pan and then **season the fillet** with Herbamare and freshly ground black pepper.

Cover and poach over **medium to medium-low heat** for 10 to 12 minutes. Serve immediately.



Blanched kale & salmon salad and green apple dressing⁺

Serves 4

Ingredients

2 bunches	Curly kale, chopped
1 cup	Cooked salmon (or broiled chicken)
1	Pomegranate, arils removed
1/2 cup	Sunflower seeds, toasted

Green apple dressing

1 medium	Granny Smith apple
1/2 cup	Water
1/3 cup	Extra virgin olive oil
1-2 cloves	Garlic
1-inch	Piece of fresh ginger, peeled
Etc	Herbamare / sea salt to taste

Directions

Fill an 8-quart stockpot with filtered water about **3/4-full** and bring to a rapid boil.

Quickly add all of the kale, pushing it down with a large spoon. **Blanch** for about 60 seconds, or until bright green and tender.

Pour kale and boiling water through a colander set in your sink and immediately run icy cold water over the kale to stop it from cooking any longer. Gently **squeeze the water** out of the kale.

Place desired amount of kale onto each plate, **top with** cooked salmon (or broiled chicken), pomegranate arils, and toasted sunflower seeds.

Make the dressing. Place all ingredients for dressing into a blender and blend about **1 minute** until smooth & creamy. Taste, add more salt if needed, and blend again.

Drizzle dressing over each salad. Store leftover dressing in a sealed glass jar in the fridge for up to a week. Store remaining kale in the fridge in a sealed glass container.



Lunch & dinner recipes



Coconut-lime cauliflower “rice”+

Serves 4-6

Ingredients

1 medium	Head cauliflower
1 cup	Coconut milk
1/2 cup	Water or chicken stock
1-2 Tbsp	Freshly squeezed lime juice
2 cloves	Garlic, crushed
1-2 tsp	Grated ginger
1/2-1 tsp	Crushed red chili flakes
1/2 tsp	Herbamare® or sea salt

Garnishes

Sliced green onions
Chopped cilantro
Lime zest

Directions

Break or cut the cauliflower into smaller pieces and place them into a **food processor** fitted with the “s” blade. Pulse until the cauliflower is **coarsely ground**. It takes about two minutes of pulsing to accomplish this. Be careful not to over-process and turn the cauliflower to mush.

In a **large skillet** or wide pot, such as an 11-inch deep skillet, **heat** the coconut milk, water or stock, lime juice, garlic, ginger, chili flakes, and salt over medium heat. Once the mixture is simmering add the ground cauliflower. Stir together and simmer uncovered for **10-15 minutes**, stirring every few minutes, or until the cauliflower is cooked to your liking.

Garnish with sliced **green onions**, **chopped cilantro**, and **lime zest**. Serve hot. Serve this “rice” dish along with baked fish or roasted chicken and a green salad.

Note: Using cauliflower is a great grain-free option to rice. By grinding it in a food processor you get the look and consistency of white rice but with more nutrients and cancer-fighting compounds such as sulforaphane (active ingredient in Thorne Crucera-SGS®).

Hearty beef & vegetable stew

Serves 2

Ingredients

2	Beef steaks, diced or cubed	2 cloves	Garlic
1/2 cup	Mushrooms, sliced	1 cup	Broccoli, diced
1/2 cup	Sweet onion, chopped	2	Small turnips, diced
1 Tbsp	Butter	1 cup	Carrot, diced
Pinch	Salt	1 cup	Cauliflower, diced
2 tsp	Parsley	1 cup	Beef or vegetable stock
2 tsp	Worcestershire sauce		

Directions

Brown meat, onion, and mushrooms in melted butter. **Add seasonings** and Worcestershire sauce. Place in casserole dish with all other ingredients and cook covered at **375 degrees** until meat and vegetables are tender.

**Additional nutritional supplement
recommendations:**

Additional dietary recommendations:

A final word

We hope you have found this guide to be informative and helpful and we encourage you to reference it frequently during the program. As you can see, healthy lifestyle choices play a major role in helping to manage and maintain a healthy weight. The right combination of diet, exercise, sleep, and nutritional supplementation can help in your quest for optimal weight, and by extension, optimal health. At Thorne, we consider ourselves your partner in helping you manage your health.

P.S. Thyroid function, stress levels, sleep quality, and heavy metals toxicity are four health areas that can impact your ability to lose weight. If you think you may be weight-loss resistant, consider ordering one of our related at-home tests – **Thyroid Test, Stress Test, Sleep Test, or Heavy Metals Test.**



Food, supplement, & exercise journal

Week 01

	Breakfast	Lunch	Snack	Dinner	Supplements	Other	Exercise
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							

Food, supplement, & exercise journal

Week 02

	Breakfast	Lunch	Snack	Dinner	Supplements	Other	Exercise
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							



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