

BEYOND diet®



THE MAGIC ERASER FOR YOUR EATING MISTAKES

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Introduction

Ever feel like you need a “rescue” from all of the unhealthy food you’ve consumed? I know it’s definitely happened to me in the past, especially after major holidays and special events. Food has become such an integral part of family gatherings and special occasions. This can be a great thing if it’s mostly healthy and delicious Beyond Diet foods, but when the food of choice is greasy, fried, and full of sugar, special occasions can turn into a health disaster.

That’s where the 7-Day Rescue Plan comes in. I created it after many friends and family members asked,

“Isabel, I feel horrible after (insert Halloween, Thanksgiving, Christmas, or any special event). How do I clean up my act and get back to healthy eating?”

I created the following rescue plan to quickly and easily get you back on track with your health goals. You’ll notice that the plan is simple, yet incredibly effective. It will not require you to spend hours in the kitchen and will ensure that you feel full and satisfied with delicious meals and energized with full-body workouts.

It also takes all the guesswork out of “what should I eat to lose weight fast?” You’ll see quick results without any extreme or dangerous strategies.



When should you do the 7-Day Rescue Plan?

Did you eat more than your share of candy after Halloween?

Did you have one too many servings of pie on Thanksgiving?

Did you grab from the cookie plate at the office more times than you'd like to admit?

Do you feel bloated after a weeklong vacation and eating out?

These are all perfect times to take advantage of the 7-Day Rescue Plan. It's the easiest way to get yourself back on the "healthy horse" without making your life complicated or stressful in any way. This plan will give you a simple way of eating healthy that will show you great results in just one short week.



Dangerous vs. Safe Weight Loss

There is no shortage of ways to lose weight quickly, but many of these strategies can be dangerous and can potentially lead to a long list of health problems. Starvation diets, liquid cleanses, fat-burning pills, crash diets, and extreme bouts of exercise are all dangerous methods of losing weight quickly. I would never recommend any of these methods as a healthy approach to burning off unwanted fat.

The biggest problem with many of these extreme methods is they never work long-term. They may produce immediate weight loss, but they damage your metabolism in the process. A damaged metabolism makes it extremely difficult to continue to lose weight and keep it off.

Instead, I highly recommend using Mother Nature's fat burners (the foods included in the 7-Day Rescue Plan) to lose weight. When you use real, wholesome (and delicious) food to burn off fat, you will not only lose the weight quickly, but the fat will stay off in the long-term.



Why does the 7-Day Rescue Plan work so well?

The 7-Day Rescue Plan has proven to be so effective because it eliminates any and all potentially inflammatory foods. Inflammation can occur inside the body very similarly to how it happens outside the body. Inflammation is not necessarily a bad thing – in fact, it's a very necessary process we need when the body is injured or ill. Inflammation in a healthy body is a normal and effective response that aids in healing.

The problem occurs when the body is constantly in a state of inflammation and the immune system potentially begins to attack healthy body tissues. When we look at the diseases that are affecting our society the most – diabetes, heart disease, high blood pressure, arthritis, fibromyalgia – the common denominator in all of them is chronic inflammation.

Chronic inflammation is also the main culprit in obesity, weight gain, and the inability to lose weight. Dramatic results in health and in weight loss can be seen simply by eliminating the most common foods that cause inflammation inside the body.



Inflammatory Foods NOT Included in the 7-Day Rescue Plan

Trans-Fats and Hydrogenated Oils

Fat that goes through a process called “hydrogenation” becomes a rancid, toxic trans-fat that the body can no longer recognize. Trans-fats can raise levels of bad cholesterol and lead to clogged arteries, type 2 diabetes, and even cancer – all of which feed inflammation. This is why only healthy and nutrient-dense fats (such as coconut oil and extra virgin olive oil) are allowed when following this and all other Beyond Diet plans.



Sugar and Artificial Sweeteners

Sugar is considered a poison to your body, and can cause numerous behavioral and physical health issues if processed and consumed in excess. Sugar also causes insulin levels to rise, triggering a pro-inflammatory response. Artificial sweeteners are toxic to the body, too – they send a signal to your brain to keep eating once it realizes the sweetener lacks nutritional value. In addition, artificial sweeteners trigger an immune response that causes inflammation. Stevia is the only sweetener allowed during this plan because it is all natural and does not cause insulin spikes. Please be sure your stevia contains only “pure stevia” because many brands include fillers such as maltodextrin and inulin. **This is the brand of stevia I use and trust.**



Alcohol

Alcohol contains excess calories, can cause inflammation, and often leads to poor food choices when consumed. That's why it is essential that you take a break from alcohol during these 7 days. You can only drink water, all varieties of tea, and coffee (sparingly) on the 7-Day Rescue Plan. When included in any of the smoothie recipes or when added to tea or coffee, coconut milk and almond milk are also permitted.



Dairy

I eliminate dairy in certain plans to enhance cleansing and decrease inflammation. The body is not meant to process high levels of casein, found in dairy, which is why your body fights it with a pro-inflammatory immune response. This means you won't find any cow's milk, cheese, yogurt, or cottage cheese on this plan. Instead, you can make your own coconut and almond milk using these recipes:

- [Homemade Coconut Milk](#)
- [Homemade Almond Milk](#)



Gluten

The key to successful weight loss is to first find the right quality and quantity of carbohydrates. While certain grains will be included in this plan for energy-boosting lunches, gluten – a protein found in wheat and some other grains – will not be. Many people cannot digest gluten properly, which is why they experience symptoms such as additional inflammation, fatigue, and weight gain. Gluten will not be included in this plan for those reasons.



Soy and Soy-Containing Foods

Most soy products are unfermented and contain impure proteins and carcinogens, and can lead to reproductive problems, hair loss, low energy, weight gain, and other health issues. That's why, instead of soy milk, the 7-Day Rescue Plan offers the choices of almond milk and coconut milk.



What Foods ARE Included in the 7-Day Rescue Plan?

The foods included in the 7-Day Rescue Plan have been carefully chosen to fight inflammation inside the body. You will be ingesting a variety of powerful anti-inflammatory foods in every meal.

The best way to combat any potential inflammation inside the body is by using this two-pronged approach: eliminating any foods that may cause further inflammation and consuming anti-inflammatory foods in every meal throughout the day.

Vegetables

There is a wide variety of vegetables included in the meal plans for the 7-Day Rescue Plan. Every single one of these vegetables offers a number of nutritional benefits, including the ability to fight inflammation. Here are a few of the very best anti-inflammatory vegetables:



- **Bell Peppers** – Bell peppers contain a number of antioxidants, including flavonoids. Switch up which colors you use to ensure you're getting the full spectrum of health benefits.
- **Garlic** – Best known for boosting the immune system, garlic also boasts incredible anti-inflammatory properties, thanks to its high sulfur content which prevents the activation of inflammatory enzymes in the body.
- **Onions** – In addition to a number of antioxidants, onions contain quercetin (a phytonutrient that helps fight inflammation in the body) and allicin (a compound that breaks down to produce sulfenic acid, which fights free radicals).
- **Sweet Potatoes** – You'll notice that sweet potatoes are included in quite a few of the lunches on this program. That's because they're such a great source of complex carbohydrates, fiber, and vitamins B6 and C, AND they actually help heal inflammation in the body.

Leafy Greens

You'll notice spinach or kale in many of the smoothie recipes in this program. That's because they are two of the most nutrient-rich foods you can include in your diet. Kale, specifically, is so good at fighting inflammation that it's been said not only to prevent it, but to possibly even help reverse inflammatory conditions.



Fruits

In general, fruits are rich in antioxidants that help reduce inflammation (flavonoids, carotenoids, and vitamins A, C, and E). The brighter the color of the fruit, the more antioxidants they are likely to contain.



- **Berries** – You’ve probably heard the saying “the darker the berry, the sweeter the juice,” but did you know that logic can be applied to antioxidants as well? The darker the berry, the higher its phytonutrient content. These phytonutrients help neutralize free radical damage in the body.
- **Lemons/Limes** – You won’t be consuming any lemons or limes during this program, but you will be adding their juice and/or zest to a few of your meals. That’s because these citrus fruits contain antioxidants that help combat free radical damage, and therefore fight inflammation.

Seafood

Consuming too much Omega-6 and not enough Omega-3 can lead to inflammation – that’s why salmon is included in this program. Salmon boasts a very high Omega-3 content, making it an excellent choice for fighting inflammation.



Poultry

Chicken and turkey are excellent protein choices for an anti-inflammatory diet. Opt for organic, nitrate-free proteins because they contain the least amount of antibiotics and other additives.

Coconut Oil

Lipids in coconut oil are full of strong anti-inflammatory compounds. The high levels of antioxidants in coconut oil have been found to reduce inflammation and even heal arthritis.

Protein Powder

The Spring of Life Protein Powder was specially formulated by me to contain only the highest quality, purest ingredients, without any of the inflammatory and dangerous chemicals added to other protein powders. It is made from pea and rice protein.



Almond Butter

Nuts are known for their anti-inflammatory nature, but almonds are possibly the best of the bunch. Using almond butter made only from raw almonds and sea salt is a great way to include anti-inflammatory protein in your smoothies.

How to Follow the 7-Day Rescue Plan

The best part about the 7-Day Rescue Plan is how easy it is to implement while still producing incredible results in just 7 short days.

Each day, your meal plan will be as follows:

Meal 1 - Fat Burning Smoothie

Meal 2 – Energizing Lunch

Meal 3 – Fat Burning Smoothie

Meal 4 – Metabolism Boosting Dinner

This combination of meals will ensure you feel full, satisfied, and energized by your meals, while still burning unwanted fat every day for 7 days.

You will see I have provided a detailed meal plan to follow for 7 days. This plan has been tested and proven and will show you transformative results. I have also included a shopping list and follow-along calendar for the full 7 days. Following the plan as provided is the easiest and most effective way to use the 7-Day Rescue Plan.

Before your first day on the program, consult the customized shopping list and make note of which items on the list you don't already have in your kitchen. The shopping lists will be precise if you are following the meal plans exactly how they are presented in this plan.

The beauty of this plan is that you can also make adjustments and substitutions and still see results.

How to Make Substitutions on the 7-Day Rescue Plan

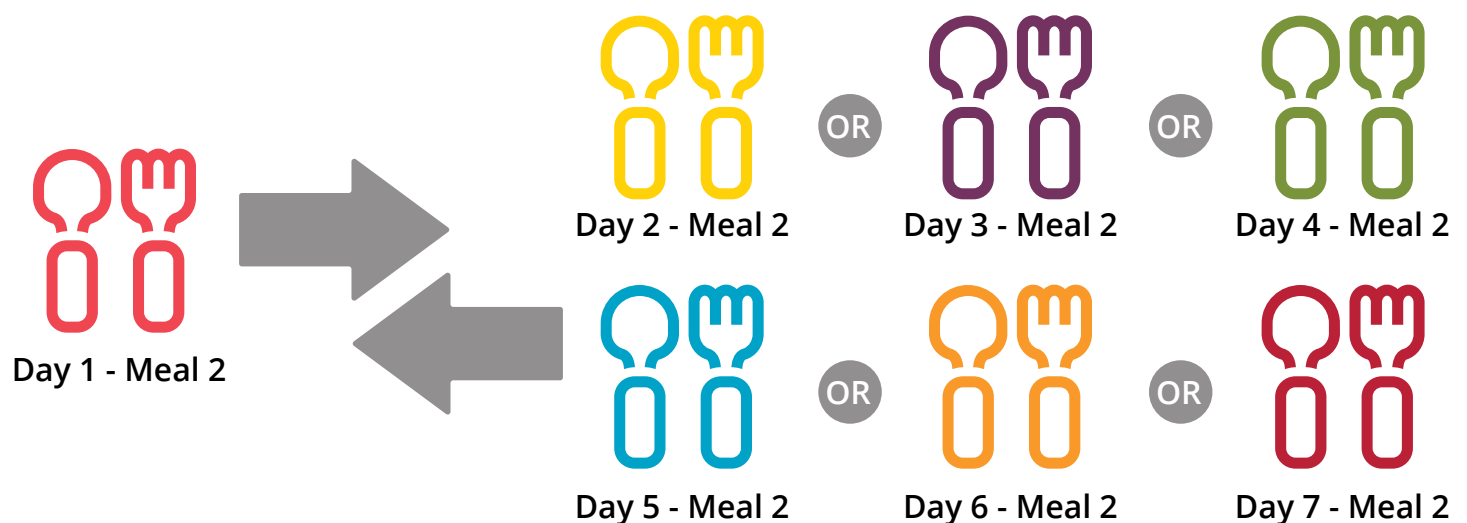
If you find there is a meal that does not appeal to you or includes a food you cannot eat due to allergies or intolerance, it is very easy to make adjustments. What is unique about the 7-Day Rescue Plan is that it gives you the ability to mix and match food choices when and if necessary.

For Meal 1 and Meal 3: If there is a smoothie you can't or don't want to eat, replace it with any of the other smoothies on the plan. They have all been designed to contain the ideal ratio of protein to carbs, so using any of them for Meal 1 and Meal 3 will be effective. However, I do not recommend changing the ingredients in the actual smoothies themselves. This could create a potential imbalance of protein to carbs.

For Meal 2: If there is a lunch you can't or don't want to eat, you can replace it with another lunch option from a different day. As long as you are swapping one full lunch for another full lunch, you will maintain the ideal ratio of protein to carbs for an energy-boosting lunch. Please note, however, that I do not recommend changing the ingredients in any of the recipes.

For Meal 4: If there is a recipe you can't or don't want to eat in a particular dinner, you have the option of choosing a dinner from another day to have instead. As long as you are substituting one full dinner for another full dinner, you will maintain the ideal ratio of protein to carbs for a metabolism-boosting dinner. Again, I do not recommend changing the ingredients in any of the recipes.

*Please note: Once you make adjustments to the plan, the quantities in the Shopping List are no longer accurate. Please make the necessary adjustments to your personal shopping list.



How to Use the 15-Minute Full Body Blast Workouts

Your 7-Day Rescue Plan comes with a set of simple, yet extremely effective workouts to follow throughout the duration of the program. There are three specific workouts designed to work your entire body in the most efficient manner in just a short 15 minutes a day.

If you've struggled to fit exercise into your life in the past, these workouts are the answer. You will be able to do your strength training and your cardio training all in one 15-minute workout. Use the workout as follows:

15-Minute Full Body Blast Workouts	
Day 1	Workout A
Day 2	Workout B
Day 3	Workout C
Day 4	Rest
Day 5	Workout A
Day 6	Workout B
Day 7	Workout C

The best time of the day to do these workouts is first thing in the morning. I find that those people who complete their exercise routine before they start their day are the people who are the most consistent.

When you exercise first thing in the morning, you're not only completing an important part of your day, you will also reap the benefits of having your body go right into fat burning mode all day long. You will also feel a level of energy that no coffee or caffeinated drink can bring!

If your morning is already jam-packed, I highly recommend waking up just 15 minutes earlier to fit in these workouts. Although it may seem challenging at first, you will quickly see how great you feel for the rest of the day with your workout already complete.

While the morning is the ideal time to complete these workouts, you can do them at any time during the day and they will still be incredibly effective. Whether it's during your lunch hour, right after your work day, before you pick your kids up at school, or in the afternoon when you start to feel an "afternoon slump" – just make sure you fit a workout in.

Remember, you only need 15 minutes for these workouts. That's the beauty of the program. It's incredibly effective in a short amount of time.

You will need 2 light hand weights (3-5 pounds each) to complete each workout and a mat or a towel to place on the floor.

Frequently Asked Questions

1. Can I make substitutions to the meals or the foods on the plan?

Yes. If there is a food you don't like, or a food you cannot eat for any reason, you can easily make simple adjustments to your meals. Please follow the directions under **How to Make Substitutions on the 7-Day Rescue Plan on page 12.**

2. What should I do when I'm done with the 7-Day Rescue Plan?

This program is designed to help you transition directly into the Beyond Diet program. When you have finished the 7-Day Rescue Plan, you can go right into the 14 Days of Supercharged Meal Plans.

Note: If you've been a member of the Beyond Diet program for a while, you can either go back to the 14 Days of Supercharged Meal Plans and do them again or continue planning your meals with the tools in Beyond Diet. Both will be very effective.

3. How often can I use the 7-Day Rescue Program?

This program is full of delicious and nutritious food so is safe to use many times throughout the year. You can use it up to every 4 weeks to avoid any potential plateaus in your weight loss journey.

In this scenario, you would follow the 7-Day Rescue Plan for one week and then follow the 14 Day Supercharged Meal Plans, then the next 14 Day Supercharged Meal Plans and then repeat the 7-Day Rescue Plan.

You could also follow the 7-Day Rescue Plan, then follow the Beyond Diet program for 4 weeks and then repeat the 7-Day Rescue Plan.

If you are a BD Monthly member, you can replace any week of your BD Monthly meal plans with the 7-Day Rescue Plan.

4. What can I drink during the 7-Day Rescue Plan?

During the 7-Day Rescue Plan, you should be drinking lots of water! Remember to regularly consume half of your bodyweight in ounces of water each day (e.g. If you weigh 150 pounds, you should drink 75 ounces of water daily).

You can also drink all varieties of tea while on the plan (black tea, green tea, white tea, matcha tea, and all herbal teas). If you choose caffeinated tea, limit it to two servings per day. Please avoid all forms of teas that are already sweetened. Instead, choose the unsweetened, organic varieties.

5. Can I drink coffee on the 7-Day Rescue Plan?

If you are a coffee drinker, limit your intake to two 8-ounce cups per day. You can use coconut milk or almond milk if you typically use creamer or cow's milk in your coffee. You can also use stevia to sweeten your coffee. Please avoid any forms of creamers, sugar, and artificial sweeteners in your coffee. It is also best to drink coffee that is organic to limit your intake of pesticides and other chemicals.

This is the brand of stevia that I use and trust.

6. How much weight can I expect to lose?

Every person's results on the 7-Day Rescue Plan will be different. If you are coming from a place of "not so healthy" eating, you may lose more than someone who has been eating clean for several months.

Regardless of your starting point, I can assure you that you will quickly see the pounds drop. The 7-Day Rescue Plan is designed to re-ignite your metabolism and create an environment in your body where it's ready to burn off unwanted fat.

Even if you do not lose a significant amount of weight during the 7-Day Rescue Plan, you will see a dramatic improvement in how well your body is able to lose weight after the 7-Day Rescue Plan is over.

7. What if I cheat on the meal plans?

Hey, life happens, no problem. If you cheat on the 7-Day Rescue Plan, I highly recommend you start again from Day 1. The consistency of eating this clean for 7 days straight will get your metabolism burning fat in the best way possible. It is best to do all 7 days in a row without any cheat meals during that time.

8. What if I miss one of the workouts during the week?

If you had planned to do one of the workouts during a particular day and you were unable to, make that day your rest day. If you have already had your rest day that week, I suggest you complete two of the 15-Minute Body Blast workouts on the next day so you can complete all three programs two times during your 7-Day Rescue Plan week.

9. What if I'm allergic to or really don't like coconut milk or almond milk?

If you do not like coconut milk, you can use almond milk for any of the smoothies containing coconut milk. If you don't like almond milk, you can use coconut milk for any of the smoothies containing almond milk. If you don't like either one, you can use water in the smoothies, but I highly recommend you give coconut milk and/or almond milk a try.

10. What if I'm still hungry at the end of the day?

If you are hungry at any time during the day, the first thing you should do is drink more water. Many times we mistake thirst for hunger if we are dehydrated.

If you've increased your water intake and you're still hungry, you can have one additional smoothie of your choice that day.

11. I feel like I'm stuck in a plateau, will this help?

Yes. Completing this 7-Day Rescue Plan can really help break through a plateau. You may also be able to pinpoint certain foods that have been making it challenging for you to continue burning fat and losing weight. Sometimes we need to give up certain foods (such as dairy) to break through a weight loss plateau.

12. What if I have a medical issue I'm worried about?

If you have any medical condition that may be affected by the foods you eat, please consult with your doctor before starting the 7-Day Rescue Plan.

13. Do I have to eat all four meals each day? What if I'm not hungry?

I highly recommend you eat all four meals so you do not suffer from severe blood sugar drops during the day. Even if you're not hungry, it is important to eat all of the foods included in each day.

14. I haven't had a bowel movement since starting the 7-Day Rescue Plan — is this normal?

Any changes in eating and in daily habits can disrupt your body's regular bowel movements. It is not uncommon for some people to experience short-term constipation when following the 7-Day Rescue Plan.

If you have not had a bowel movement after the first two days on the 7-Day Rescue Plan, drink one cup of [Traditional Medicinals Organic Smooth Move Tea - Peppermint](#) (found in many grocery stores) in the evening before bed. This should produce a bowel movement upon waking.

15. Is this plan safe for my entire family to follow?

Yes. The 7-Day Rescue Plan meals can be used for your entire family. This plan only uses wholesome delicious food that are nutritious for absolutely everyone. If your family members are not following the plan specifically, they can adjust their serving sizes as needed. For example, if your child is eating the same meals as you are, you can increase or decrease their portions as you see fit for your child.

16. Is the 7-Day Rescue Plan safe to follow during pregnancy?

I do not recommend pregnant or nursing women follow the 7-Day Rescue Plan. Although the foods included are very nourishing, the plan does not include enough food for a pregnant or nursing woman.

17. How is the 7-Day Rescue Plan different from the BD superCleanse and BD TotalReset Cleanse?

The 7-Day Rescue Plan is a very different approach to accelerated weight loss than the two powerful Beyond Diet cleanses.

The Beyond Diet cleanses are intensified detox plans that consist of a three-phase approach over the course of 9 days. Because these programs are focused on a full body detox, it is suggested that they only be done 4 times a year, maximum.

The 7-Day Rescue Plan is a two-pronged anti-inflammatory approach meant to help you bounce back from holidays, vacations, and temporary slipups, and can be done up to once every 4 weeks. Its primary focus is decreasing any and all inflammation in your body after consuming “not so healthy” foods.

The 7-Day Rescue Plan also incorporates our specially formulated protein powder into your meal plans twice per day. These specifically designed meals, combined with full-body, fat blasting workouts will rescue you from any potential bloating and fatigue your body has suffered from temporarily eating unhealthy, greasy, sugary foods.

18. Do I have to use the Spring of Life Protein Powder to be successful on the program?

You will see that the 7-Day Rescue Plan incorporates Fat Burning Smoothies twice per day to accelerate your metabolic rate and quickly decrease any inflammation inside the body using powerful anti-inflammatory ingredients. The Spring of Life Protein Powder was specially formulated by me to contain only the highest quality, purest ingredients, without any of the inflammatory and dangerous chemicals added to other protein powders.

Because the 7-Day Rescue Plan was created using the Spring of Life Protein Powder, that is the absolute best choice for this program. If for any reason you need to use a different protein powder, please be sure it does **NOT** contain any of the following ingredients:

- Soy
- Whey
- Casein
- Aspartame

- Sucralose
- Xanthan Gum/Guar Gum
- Artificial Flavors

For the purposes of this program, we're looking for the cleanest form of protein powder available, which is why I decided to create my own specific blend without any of the above ingredients. Those ingredients can and will derail your efforts on the 7-Day Rescue Plan.