



F-FACTOR™

F-FACTOR
GLUTEN-FREE
DIET PLAN



DISCOVER THE SECRET
TO PERMANENT WEIGHT LOSS

WELCOME TO THE F-FACTOR GLUTEN-FREE E-BOOK.

Since 2009, the number of people that have been diagnosed with celiac disease has remained stable, yet adoption of the gluten-free diet, the only known treatment for celiac disease, has skyrocketed.

According to a 2016 article published in the Journal of the American Medical Association – Internal Medicine, an estimated 2.7 million people in the U.S. follow a gluten-free diet, yet only 1.76 million of those people have celiac disease. Why? Rising sensitivity and intolerance of gluten has been linked to many autoimmune diseases and anecdotal evidence suggests that following a gluten-free diet can help reverse or minimize the symptoms. Additionally, many people follow a gluten-free diet because of its perceived weight loss benefit.

This growing interest and adoption of a gluten-free diet has led to many F-Factor followers asking if one can be successful on the F-Factor diet while also being gluten-free, and the answer is – ABSOLUTELY.

The F-Factor Gluten-Free e-book is to be used in conjunction with the F-Factor Diet: Discover the Secret to Permanent Weight Loss book and the F-Factor Journal Book or F-Factor App. In the F-Factor Gluten-Free e-book, you will find a comprehensive meal plan, sample day menu, shopping list, new and improved F-Factor approved recipes, and other resources to help you look and feel your best.

F-Factor is more than just a weight loss plan. Our science-based program centers around optimizing health while allowing you to shed pounds without hunger or deprivation. Weight loss is a byproduct of this healthy way of eating. We're excited to offer you these tools and resources to help guide you on your journey as you incorporate the F-Factor diet into your gluten-free diet. Please share your thoughts, ideas, tips, and #FFACTORAPPROVED recipes with us at @F_Factor on Instagram.



WHAT IS A GLUTEN-FREE DIET?

Gluten refers to the proteins found in wheat, barley, rye and the byproducts of these grains. Gluten is responsible for giving elasticity to dough, which helps it rise and keep its shape.



When we think of foods that contain gluten, we typically think of breads, cereals, pasta, pizza and even beer. But gluten may be found in some less obvious food choices like soy sauce, certain salad dressings, marinades and soups, potato chips, processed lunch meats, vegetarian meat alternatives and even some vitamin and mineral supplements.

THE FOLLOWING GRAINS AND STARCHES CONTAIN GLUTEN:

- | | | |
|--------------|----------------|-------------|
| + Wheat | + Bulgur | + Kamut |
| + Wheat germ | + Couscous | + Semolina |
| + Rye | + Farina | + Spelt |
| + Barley | + Graham flour | + Triticale |

THE BENEFITS OF A GLUTEN-FREE DIET

There are a number of diseases and conditions that are treated or improved by removing gluten entirely from the diet thus validating the need for a gluten-free diet.

One of these conditions is celiac disease, a serious genetic autoimmune disease that damages the villi of the small intestine, which interferes with nutrient absorption. Common symptoms of celiac disease are diarrhea, abdominal pain, weight loss, poor appetite, bloating, joint pain, anemia, foggy brain and chronic fatigue. If you suffer from these symptoms, talk to your doctor about being tested for celiac disease. There are reliable tests to diagnose celiac disease. These include blood tests that detect certain antibodies, genetic tests and intestinal biopsies. Symptoms vary from person to person, and some may experience no symptoms at all. The only treatment for celiac disease is following a 100% gluten-free diet. Left undiagnosed and untreated, celiac disease can lead to further complications, such as osteoporosis, infertility, and the onset of other autoimmune diseases and some cancers.

Besides celiac disease, there are other medical conditions such as, non-celiac gluten sensitivity, irritable bowel syndrome, autism and autoimmune or anti-inflammatory diseases, that could benefit from a gluten-free diet.

If you suffer from diarrhea, abdominal pain, weight loss, poor appetite, bloating, joint pain, anemia, foggy brain and chronic fatigue, but you do not test positive for celiac disease, you may have non-celiac gluten sensitivity. Research estimates that up to 6% of Americans, about 18 million people, have a gluten sensitivity. Individuals with gluten sensitivity share similar symptoms with celiac disease, but lack the same antibodies and intestinal damage as seen in those with celiac disease. The only way to relieve these symptoms is to follow a 100% gluten-free diet.



THE BENEFITS OF A GLUTEN-FREE DIET (CONTINUED)

Irritable bowel syndrome (IBS) affects 7 to 20 percent of the adult population in the U.S. Many individuals who suffer from IBS find that a low FODMAP diet significantly reduces common symptoms such as bloating, cramping, constipation or diarrhea. FODMAPs are small chain carbohydrates that are poorly digested by gut bacteria and can therefore cause GI distress. The gluten containing grains (wheat, rye and barley) are high FODMAP foods. When following a low FODMAP diet you are also following a gluten-free diet.

According to the CDC, autism is diagnosed in 1 in every 68 children. There remains no clear cause or cure. A popular alternative treatment for autism is following a gluten-free, casein-free diet. Recent research shows that 91% of people with Autism Spectrum Disorder who were put on a strict gluten-free, casein-free, sugar-free diet had improvement in GI symptoms commonly reported in children with autism and some autistic behaviors. Additionally, the Children's Hospitals and Clinics of Minnesota reports that a gluten-free, casein-free diet may help improve common behavioral challenges such as sleep issues and tantrums, and help with development of social and learning skills.

Many people with rheumatoid arthritis experience symptoms similar to celiac disease such as sore and painful joints, fatigue, and anemia. By following a gluten-free diet, many rheumatoid arthritis patients have reported a decrease in inflammation. Because having an autoimmune disorder increases the likelihood of having another, some doctors suggest being tested for celiac disease if you've already been diagnosed with rheumatoid arthritis.



THE POTENTIAL CONCERNS IN FOLLOWING A GLUTEN-FREE DIET

Although following a gluten-free diet is necessary for certain individuals, there are risks if followed without proper guidance. Eliminating gluten from one's diet can lead to intestinal healing and therefore improved nutrient absorption. However, gluten-free products are stripped of fiber, B vitamins (thiamin, riboflavin, niacin, B6 and folic acid) and iron, which are typically found in gluten containing whole grains. It's important to make up for these missing nutrients when following a gluten-free diet.

According to the United States Department of Agriculture National Nutrient Database for Standard Reference, one slice of whole wheat bread contains 71 calories, 0.9 grams of total fat and 1.2 grams of sugar, while one slice of gluten-free whole grain bread contains 77 calories, 2.3 grams of total fat and 2.45 grams of sugar. The gluten-free bread also contains approximately 29% less fiber, 72% less iron, 59% less thiamin and 71% less niacin.

THIAMIN is essential for producing energy from carbohydrates and helps regulate metabolism. A thiamin deficiency may cause decreased focus, confusion, muscle weakness, memory loss and heart problems. Severe thiamin deficiency leads to a disease called beriberi with the added symptoms of tingling and numbness in the feet and hands, loss of muscle, and poor reflexes.

SOME F-FACTOR-APPROVED SOURCES OF THIAMIN INCLUDE:

- + Lean pork
- + Brussel sprouts
- + Fish
- + Flaxseeds
- + Oranges
- + Pistachios
- + Asparagus



RIBOFLAVIN is essential for producing energy in cells, helping support cell growth, working as an antioxidant to protect against free radicals, and assisting with metabolism. The signs and symptoms of riboflavin deficiency include skin disorders, lesions at the corners of the mouth, swollen and cracked lips, hair loss, reproductive problems, sore throat, itchy and red eyes, and degeneration of the liver and nervous system.

SOME F-FACTOR-APPROVED SOURCES OF RIBOFLAVIN INCLUDE:

- + Almonds
- + Spinach
- + Lean pork
- + Cheese
- + Eggs



NIACIN plays a key role in metabolism, cell growth and energy production. Niacin deficiency causes pellagra and symptoms of this condition include digestive problems, inflamed skin and mental impairment.

SOME F-FACTOR-APPROVED SOURCES OF NIACIN INCLUDE:

- + Turkey breast
- + Peanut butter
- + Lean ground beef
- + Fish



VITAMIN B6 helps your body make nonessential amino acids which are used to make cells. It also helps produce insulin, hemoglobin and antibodies which fight infection. And like most B vitamins, it helps regulate metabolism. Vitamin B6 deficiency can lead to itchy rashes, cracked scaly lips, crack corners of the mouth and a swollen tongue. Other symptoms of low vitamin B6 include depression, confusion and a weak immune system.

SOME F-FACTOR-APPROVED SOURCES OF VITAMIN B6 INCLUDE:

- + Chicken breast
- + Fish
- + Bananas
- + Walnuts
- + Pork loin
- + Peanut butter



FOLIC ACID works with Vitamin B12 to form hemoglobin in red blood cells, which prevents anemia. It also plays an essential role in making new body cells and protecting DNA. Folic acid may help protect against cardiovascular risk and is especially important for pregnant women to prevent birth defects in the baby. Folate deficiency can produce soreness and shallow ulcerations in the mouth and changes in skin, hair and nail pigmentation. Women with insufficient folate intakes are at increased risk of giving birth to infants with brain spinal cord defects and it's also has been associated with low infant birth weight, preterm delivery, and fetal growth retardation.

SOME F-FACTOR-APPROVED SOURCES OF FOLIC ACID INCLUDE:

- | | |
|-------------|----------|
| + Salmon | + Eggs |
| + Lean beef | + Cheese |

IRON serves as an essential part of hemoglobin, which carries oxygen in your blood from your lungs to your cells and helps produce energy. Iron also helps with brain development, and supports a healthy immune system. Symptoms of anemia include gastrointestinal distress and impaired cognitive function, immune function, exercise or work performance, and body temperature regulation. Pair iron rich foods with vitamin C foods such as berries or red pepper to help increase absorption.

SOME F-FACTOR-APPROVED SOURCES OF IRON INCLUDE:

- | | | |
|-------------|-----------|----------|
| + Lean beef | + Chicken | + Prunes |
| + Oysters | + Turkey | + Nuts |
| + Clams | + Fish | |
| + Sardines | + Spinach | |



FIBER Getting enough fiber can be challenging on a gluten-free diet because many high fiber foods such as wheat, barley and rye contain gluten. Fiber is a key component of the F-Factor diet – it helps promote weight loss and weight maintenance, by keeping you feeling fuller longer and preventing cravings and excessive snacking. Fiber also boosts metabolism, lowers “bad” cholesterol, keeps blood sugar stable, improves energy levels, prevents colon and breast cancer and supports thriving beneficial bacteria in our GI tract. While a lack of fiber consumption is often associated with a gluten-free diet, the truth is most Americans in general aren’t eating enough fiber. The average American consumes approximately 11 to 15 g of fiber per day, which is well below the recommended 35 to 38 grams.

SOME F-FACTOR-APPROVED SOURCES OF FIBER INCLUDE:

- + Chia seeds
- + Wild rice
- + Chickpea flour
- + Quinoa
- + Flaxseeds

Another concern to be aware of when following a gluten-free diet is potential weight gain. Many gluten-free grains are higher in calories, sodium and sugar and are stripped of filling fiber, leaving you feeling hungry.

This e-book provides you with all the tools and resources you need to succeed on the F-Factor Gluten-Free Diet. Congratulations – you are on your way to looking and feeling your very best.





For each meal choose from options below.
Enjoy with 8 oz of fluids (hot/iced coffee, tea, water).

BREAKFAST



HIGH FIBER BREAD OR WRAP TOPPED WITH LEAN PROTEIN

2 Slices of high fiber bread or 1 wrap; see shopping list

- + Lean protein [women: 3 to 4 oz; men: 6 oz, see “Tanya’s Toppers” breakfast options]
- + 1 serving of fruit (optional)

HIGH FIBER CEREAL/GRANOLA WITH LEAN PROTEIN

1 serving high fiber, gluten-free cereal

- + Lean protein (6 oz Greek yogurt or 1 cup of unsweetened almond milk + 1 scoop protein powder)
- + 1 serving of fruit (optional)

APPROVED CEREALS

- Julian Bakery ProGranola (1/2 cup)
- Smaps Low Carb Cereal (1/2 cup)
- Holy Crap Skinny B (2 tablespoons)
- Poop Like a Champion (1/2 cup)



F-FACTOR SMOOTHIE

2 scoops of F-Factor 20/20 Fiber/Protein Powder

- + 1 cup of unsweetened nut milk
- + 3/4 cup of frozen mixed berries
- + 1/4 frozen banana



BREAKFAST (CONTINUED)

F-FACTOR CHIA PUDDING

2 tablespoon of chia seeds

- + 1 cup unsweetened almond milk (optional: vanilla flavor)
 - + 1 scoop protein powder
 - + 1 teaspoon stevia/Truvia (optional)
 - + 1/2 teaspoon cinnamon (optional)
 - + 1 serving of fruit (optional)
-

F-FACTOR 20/20 FIBER/PROTEIN POWDER PANCAKES

2 scoops of F-Factor 20/20 Fiber/Protein Powder

- + 1 teaspoon coconut oil
- + 4 egg whites
- + 1 teaspoon baking powder
- + 1 tablespoon of sugar-free maple syrup, such as Surkin Fiber Syrup Gold
- + 1 serving of fruit (optional)





LUNCH

SALAD + PROTEIN

Salad [choose mixed greens, spinach, kale, romaine with non-starchy vegetables]

- + Lean protein [women: 3 to 4 oz; men: 6 oz, see lean protein list]
- + Dressing [see list]

SALAD DRESSING OPTIONS:

- Balsamic or red wine vinegar
- Lemon juice
- F-Factor Vinaigrette (mix vinegar with mustard and spices)

PROTEIN + VEGETABLES

Lean protein [women: 3 to 4 oz; men: 6 oz, see lean protein list]

- + Non-starchy vegetable: cooked without added oils [steamed/baked/grilled/roasted]



SNACK

F-FACTOR FIBER/PROTEIN BAR **OR** NO COW BAR

F-FACTOR 20/20 FIBER/PROTEIN SHAKE

2 scoops of F-Factor 20/20 Fiber/Protein Powder

- + 1 cup unsweetened almond milk
- + 1 serving of fruit (optional)

HIGH FIBER CRACKERS TOPPED WITH LEAN PROTEIN

6 High fiber gluten-free crackers such as Flackers

- + Lean protein [women: 1-2 oz; men 2-3 oz; see “Tanya’s Toppers” snack options]
- + 1 serving of fruit (optional)

HIGH FIBER BREAD TOPPED WITH LEAN PROTEIN

2 Slices of high fiber bread or 1 wrap (see shopping list)

- + Lean protein [women: 1-2 oz; men 2-3 oz; see “Tanya’s Toppers” snack options]
- + 1 serving of fruit (optional)



For each meal choose from options below.
Enjoy with 8 oz of fluids (hot/iced coffee, tea, water).

DINNER

SOUP OR SALAD + PROTEIN-BASED APPETIZER + NON-STARCHY VEGETABLES

Broth-based soup or salad

- + Protein appetizer
 - + Non-starchy vegetables [When a vegetable is steamed without any oil, eat the whole portion. When a vegetable is sauteed, grilled, or broiled, eat half the portion]
-

SIDE SALAD + PROTEIN-BASED ENTRÉE + NON-STARCHY VEGETABLES

Side salad

- + Protein entree [women: 3 to 4 oz; men: 6 oz, see lean protein list at a restaurant, women eat half of what is served to you]
 - + Non-starchy vegetables
-

ZUCCHINI NOODLES OR BETTER THAN NOODLES OR MIRACLE NOODLES

2 zucchinis, spiralized or noodles

- + Tomato sauce, such as Rao's
- + Lean protein [women: 3 to 4 oz; men: 6 oz, see lean protein list]
- + Non-starchy vegetables (optional)





DESSERT (OPTIONAL)

Choose one of the following, if you wish to eat dessert

All desserts must be 50 calories or less

-
- + ChocoRite (1 piece)
 - + Tofutti No Sugar Added Fudge Treat
 - + Sugar Free Jello (2 snack size cups) with fat free whipped cream
 - + Endangered Species Dark Chocolate Square with 88% Cocoa (1 piece)
 - + Lakanato Drinking Chocolate (1 serving)
 - + Sugar Free/Diet hot chocolate (25 calorie Swiss Miss)
 - + No Sugar Added Fudgsicle or Creamsicle
 - + Lily's Dark Chocolate Chips (60 chips)
 - + Arctic Zero Frozen Desserts (1/2 cup serving)



2-3 liters of water throughout the day



BREAKFAST

Julian Bakery
ProGranola (1/2 cup)

Unsweetened almond
milk (1 cup)
Topped with 1 cup
of raspberries

Coffee with
unsweetened
almond/cashew milk

LUNCH

Mixed green salad with
non-starchy vegetables

Grilled salmon

Dressing:
balsamic vinegar

Water or sugar-free
beverage



SNACK

F-Factor Fiber/Protein
Chocolate Brownie Bar

DINNER

Mixed green salad
(dressing on the side)

Grilled chicken

Cauliflower "fried rice"

Water, sugar-free beverage,
glass of wine,
or spirits on the rocks

DESSERT

1 Piece of ChocZero
(optional)



YOGURT/MILK/EGGS

- | | |
|---|---|
| ☐ Greek yogurt, plain nonfat or no sugar added | ☐ Eggs (only egg whites) |
| ☐ Fage | ☐ Liquid egg whites |
| ☐ Chobani | ☐ Egg beaters |
| ☐ Stonyfield Farm | ☐ Silk, unsweetened nut milk |
| ☐ Oikos | (almond, cashew) |

CHEESE

- | | | |
|---|---|---|
| ☐ Laughing Cow Light
(any flavor) | ☐ Parmesan cheese, grated | ☐ Coach Farm, Low-fat
Goat Cheese |
| ☐ Babybel Light | ☐ Friendship Farmer Cheese | ☐ Jarlsberg Lite |
| ☐ Athenos Feta Fat-Free | ☐ Friendship Cottage Cheese,
Fat-free or 1% | ☐ Philadelphia Whipped or
Fat-free Cream Cheese |
| ☐ Skinny Cheese | ☐ Tnuva Light
(Edam, Swiss, Munster) | |
| ☐ Kraft Fat-Free
Shredded Cheese | ☐ Kraft Light, Part-skim
String Cheese | |
| ☐ Cabot 75% Reduced Fat | | |

DELI MEAT (Boar's Head, Applegate)

- | | |
|--|--|
| ☐ Sliced turkey breast | ☐ Sliced roast beef |
| ☐ Sliced chicken breast | ☐ Sliced ham |

POULTRY

- | | |
|--|---|
| ☐ Chicken/turkey (no skin) | ☐ Applegate Farms Turkey Hot Dog |
| ☐ Ground chicken breast | ☐ Duck (no skin) |
| ☐ Ground turkey breast (93% lean or higher) | ☐ Pheasant (no skin) |
| ☐ Turkey bacon | ☐ Ostrich |
| ☐ Chicken/turkey lean sausage | ☐ Goose (no skin) |
| ☐ Cornish hen | |



BEEF (USDA Select or Choice Grade, trimmed of fat)

- | | | |
|--|---|---|
| ☐ Lean beef (90% lean or higher) | ☐ Steak (T-bone, porterhouse, cubed) | ☐ Beef jerky (Chef's Cut, Mighty, Vermont, Kalahari Biltong) |
| ☐ Round | ☐ Ground round | ☐ Buffalo |
| ☐ Sirloin | | |
| ☐ Flank steak | | |
| ☐ Tenderloin Roast (rib, chuck, rump) | | |

LAMB/ VEAL/PORK

- | | | |
|--|---|---|
| ☐ Lamb (roast, chop, leg) | ☐ Pork | ☐ Canadian bacon |
| ☐ Veal (chop, leg) | ☐ Ham, lean (canned, smoked, boiled) | ☐ Tenderloin |
| ☐ Venison | | ☐ Center loin chop |

FISH

- | | | |
|--|---|---|
| ☐ Salmon (canned or fresh) | ☐ Haddock | ☐ Sardines |
| ☐ Tuna (canned in water or fresh) | ☐ Halibut | ☐ Sole |
| ☐ Starkist Tuna Pouch in water | ☐ Herring (smoked or un-creamed) | ☐ Snapper |
| ☐ Catfish | ☐ Lox (smoked salmon) | ☐ Trout |
| ☐ Cod | ☐ Branzino | ☐ Salmon jerky (Scorched Pepper) |
| ☐ Flounder | | |

SHELLFISH

- | | | |
|--------------------------------|-----------------------------------|----------------------------------|
| ☐ Clams | ☐ Lobster | ☐ Shrimp |
| ☐ Crab | ☐ Scallops | ☐ Oysters |

PROTEIN POWDERS

- | | | |
|---|---|---|
| ☐ F-Factor 20/20 Fiber/Protein Powders | ☐ Biochem Vanilla Whey Protein Isolate | ☐ Manitoba Harvest – Hemp Protein Powder |
| ☐ Jay Robb Whey Protein | ☐ Tera's Whey | ☐ Garden of Life Organic Vegan Protein |
| ☐ Vital Collagen Peptide Proteins | ☐ Nutiva Hemp Protein – Hi Fiber | |



BREAD/CRACKERS/CEREALS/BARS

- | | |
|---|---|
| ☐ F-Factor Fiber/Protein Bars | ☐ Foods Alive Flax Crackers |
| ☐ Paleo bread/wraps | ☐ Julian Bakery ProGranola |
| ☐ Mikey's Bread (English muffin, sliced bread) | ☐ Poop Like a Champion Ultra High Fiber Cereal |
| ☐ Barely Bread Sliced Bread | ☐ Smaps Low Carb Cereal |
| ☐ Know Better (sliced bread, thins, | ☐ Holy Crap Skinny B |
| ☐ pancake mix, bites) | ☐ Shirataki Noodles (Miracle/Skinny/ |
| ☐ Flackers | ☐ Better Than Products) |
-

FLOURS/SEEDS

- | | |
|--|---|
| ☐ F-Factor 20/20 Fiber/Protein Powder | ☐ Coffee cherry flour |
| ☐ Chia seeds | ☐ Coconut flour |
| ☐ Nutritional yeast | ☐ Lakanto Pancake & Waffle Mix |
-

FRUIT (Fresh, frozen, or dried)

- | | | |
|--------------------------------------|---------------------------------------|---------------------------------|
| ☐ Blueberries | ☐ Strawberries | ☐ Apples |
| ☐ Raspberries | ☐ Blackberries | ☐ Pears |
-

NON-STARCHY VEGETABLES

- | | | |
|---|--|---|
| ☐ Artichokes | ☐ Celery | ☐ Onions |
| ☐ Asparagus | ☐ Cucumber | ☐ Peppers |
| ☐ Beets | ☐ Eggplant | ☐ Salad greens |
| ☐ Broccoli | ☐ Fennel | ☐ Sugar snap peas |
| ☐ Brussels sprouts | ☐ Greens (kale, collard, chard) | ☐ Tomatoes |
| ☐ Cabbage | ☐ Green/string beans | ☐ Turnips |
| ☐ Cauliflower | ☐ Leeks | ☐ Yellow summer squash |
| ☐ Carrots | ☐ Mushrooms | ☐ Zucchini |
-



DESSERT

- ☐ ChocoRite
 - ☐ Sugar-free Jell-O gelatin (10 calorie)
 - ☐ Tofutti Pops
 - ☐ Arctic Zero ice-cream (creamy pints)
 - ☐ Diet hot chocolate (Lakanto Drinking Chocolate, Swiss Miss, Nestle)
 - ☐ Chocolate Square (ChocZero, Endangered Species)
 - ☐ Lily's Dark Chocolate Chips
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COOKING/CONDIMENTS

- ☐ Oil sprays (olive oil, canola oil)
 - ☐ Lemons/limes (or bottled juice)
 - ☐ Mustard (yellow, dijon, spicy)
 - ☐ Salsa
 - ☐ Sauerkraut
 - ☐ Simply Organic Ranch Dip Mix
 - ☐ Tomato sauce (Rao's, Lutenica)
 - ☐ Vinegar (balsamic, apple cider, red wine, rice wine)
 - ☐ Low-fat mayonnaise
 - ☐ Sugar-free jelly (Polaner)
 - ☐ Sukrin Fiber Syrup Gold
 - ☐ All-u-lose sweetener (sugar, maple, honey)
 - ☐ Powdered nut butter (PB2, PB&Me, Tru-Nut)
 - ☐ Stevia
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TRAVEL SNACKS

- ☐ F-Factor Fiber/Protein Bars
- ☐ Flackers
- ☐ Foods Alive Flax Crackers
- ☐ Julian Bakery ProGranola
- ☐ Powdered nut butter (PB2, PB&Me, Tru-Nut)
- ☐ Laughing Cow Cheese
- ☐ Beef jerky (Chef's Cut, Mighty, Vermont, Kalahari Biltong)
- ☐ Turkey jerky (Vermont, Field Trip)
- ☐ Salmon jerky (Scorched Pepper, Ruby Bay)
- ☐ D's Naturals No Cow Bar
- ☐ Primal Thin Bar
- ☐ Brami Lupini Snack
- ☐ Seaweed snacks (gimMe, Sea's Gift, Wickedly, Annie Chun's)



ZUCCHINI AND PARMESAN EGG WHITE MUFFINS (BREAKFAST) STEPS 1, 2, 3

SERVES 6

INGREDIENTS

Coconut oil spray

24 egg whites

1 medium zucchini, finely diced

2 cups fresh spinach

Salt and pepper (to taste)

2 tablespoons of grated Parmesan cheese

DIRECTIONS

1. Preheat the oven to 350 degrees F.
2. Spray a muffin tin with coconut oil spray.
3. Whisk the egg whites together with the salt and pepper in a large bowl.
4. Stir in the zucchini and spinach.
5. Carefully spoon the egg and vegetable mixture into the muffin cups, dividing the mixture equally between the twelve cups.
6. Sprinkle evenly with parmesan cheese.
7. Bake for 25 to 30 minutes or until the egg whites are set.
8. Remove from the oven and let cool for 5 minutes before serving.
9. Serve warm and topped with green onions. Alternatively, store in the refrigerator for up to 5 days.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 1g fiber

Actual Nutrition Content

Per Serving: 88 calories, 3g carbohydrates, 1g fiber, 16g protein, 0.5 g total fat, 0 g saturated fat, 260 mg sodium

VANILLA MAPLE CHIA SEED PUDDING (BREAKFAST) STEPS 1, 2, 3

SERVES 3

INGREDIENTS

2 cups unsweetened almond milk

1/2 cup chia seeds

2 teaspoons vanilla extract

1 tablespoon Sukrin Fiber
Gold Syrup

DIRECTIONS

1. Place ingredients in container or bowl and mix well.
2. Place covered in the refrigerator and let sit overnight to form gel.
3. Optional – Top with 1/2 cup of mixed berries.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 21g carbohydrate, 17g fiber

Actual Nutrition Content

Per Serving: 225 calories, 21g carbohydrates, 17g fiber, 6g protein, 14g total fat, 1g saturated fat, 6 mg sodium

CHOCOLATE PEANUT BUTTER CHIA SEED PUDDING (BREAKFAST) STEPS 1, 2, 3

SERVES 3

INGREDIENTS

2 cups unsweetened almond milk

1/2 cup chia seeds

2 tablespoon Chocolate PB2

1 tablespoons of Truvia

DIRECTIONS

1. Whisk or blend unsweetened almond milk with Chocolate PB2 and Truvia.
2. Add the chia seeds and mix very well.
3. Place covered in the refrigerator and let sit overnight.
4. Optional – Top with 1/2 sliced banana and 1 teaspoon of Lily's Dark Chocolate Chips.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 14g carbohydrate, 11 g fiber

Actual Nutrition Content

Per Serving: 170 calories, 14g carbohydrates, 11g fiber, 6g protein, 10g total fat, 1g saturated fat, 4.5 mg sodium



HIGH FIBER CAPPUCCINO MUFFINS (BREAKFAST) STEPS 1, 2, 3

MAKES 6 MUFFINS

SERVES 2

INGREDIENTS

4 tablespoon of coconut flour

1 tablespoon of coffee flour

1 tablespoon chia seeds

6 oz Greek yogurt

1/4 liquid egg whites

1/2 cup almond milk

1 tablespoon of cocoa powder

4 packets of Truvia

1 tablespoon of baking powder

DIRECTIONS

1. Pre-heat oven to 350 degrees.
2. In a small bowl, mix all dry ingredients together and set aside.
3. In a medium bowl, mix wet ingredients together.
4. Add dry ingredients and mix well.
5. Let sit for 3 to 5 minutes or until coconut flour has absorbed the liquid.
6. Scoop batter into muffin pan.
7. Bake for 30 minutes.
8. Let muffins cool before serving.
9. Store in airtight container in refrigerator up to 3 days.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 30g carbohydrate, 20g fiber

Actual Nutrition Content

Per Serving: 255 calories, 32g carbohydrates, 19g fiber, 17g protein, 4.5 g total fat, 2.5g saturated fat, 380 mg sodium

SUNDAY MORNING PANCAKES (BREAKFAST) STEPS 1, 2, 3

MAKES 4-5 PANCAKES

SERVES 1

INGREDIENTS

1/2 cup of Lakanto Low-Carb
Pancake Mix

3 tablespoon of water

3 egg whites

1/2 cup of blueberries

1 tablespoon of Lily's Dark
Chocolate Chips

DIRECTIONS

1. Heat nonstick cooking pan.
2. Mix ingredients together to form a batter.
3. Grease pan with cooking spray.
4. Pour batter into 3 to 4 inch pancakes.
5. Cook for three minutes until no more bubbles are being formed.
6. Flip and cook for 2 minutes on the other side.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 26 g carbohydrate, 13 g fiber

Actual Nutrition Content

Per Serving: 130 calories, 26 g carbohydrates, 13 g fiber, 11 g protein, 3 g total fat, 1 g saturated fat, 330 mg sodium

ASPARAGUS QUICHE (BREAKFAST) STEPS 1, 2, 3

SERVES 8

INGREDIENTS

6 egg whites

2 whole eggs

2 cups asparagus, sliced

1/3 cup onion, diced

1/2 cup of ricotta cheese

1/4 teaspoon of black pepper

Salt, to taste

DIRECTIONS

1. Preheat oven to 350 degrees.
2. Whisk egg whites and egg together in a medium mixing bowl.
3. Combine the rest of ingredients into the eggs and pour into a greased glass 9-inch pie pan.
4. Bake at 350 for 45 minutes or until the quiche sets.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 2g fiber

Actual Nutrition Content

Per Serving: 85 calories, 4g carbohydrates, 2g fiber, 10g protein, 3 g total fat, 1.5g saturated fat, 77 mg sodium

CAULIFLOWER TABBOULEH (SIDE DISH) STEPS 1, 2, 3

SERVES 6

INGREDIENTS

1 medium cauliflower, riced
(4 cups cauliflower rice)

1/2 large cucumber, diced

4 Roma tomatoes, seeded and diced

4 green onions, thinly sliced

1/4 cup packed mint leaves, minced

1 cup fresh parsley, minced

FOR THE DRESSING:

1 teaspoon of olive oil

Juice of 1 lemon

1 clove garlic, finely minced

1/2 teaspoon salt, or to taste

1/4 to 1/2 teaspoon black pepper,
or to taste

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 3g fiber

Actual Nutrition Content

Per Serving: 50 calories, 7g carbohydrates, 3g fiber,
2g protein, 2.5g total fat, 0g saturated fat, 35 mg sodium

DIRECTIONS

1. Place a large skillet over medium heat. Add 1 teaspoon olive oil. When oil starts to shimmer, add the cauliflower rice and stir for 2 to 3 minutes.
2. Remove from heat and continue to stir for a couple more minutes to help the moisture evaporate as the cauliflower cools.
3. Make the dressing in a blender and blend on high until well combined.
4. When cauliflower is cool, place in large bowl with cucumber, celery, tomatoes, onions, mint and parsley.
5. Pour dressing over salad and stir to combine. Taste and adjust spices as needed. Serve immediately or refrigerate for 30 minutes to allow flavors to combine. Can be stored for up to 3 days.





KALE AND BRUSSEL SPROUTS SALAD (SIDE DISH) STEPS 1, 2, 3

SERVES 6

INGREDIENTS

FOR THE SALAD:

1 pound of Brussel sprouts,
trimmed, halved and
thinly sliced

1 pound of kale, thinly
sliced

1 medium red onion, thinly
sliced

1 cup of grated Parmesan

FOR THE DRESSING:

1 tablespoon Dijon mustard

3 tablespoons red wine
vinegar

1 clove garlic, finely minced

1 tablespoon extra virgin
olive oil

Salt and pepper, to taste

DIRECTIONS

1. Combine Dijon mustard, vinegar, garlic, oil, salt and pepper to make dressing. Blend together and let sit.
2. Trim the ends off the Brussels sprouts.
3. Using a sharp knife slice each sprout thinly.
4. Thinly slice kale.
5. Thinly slice red onion.
6. Combine in a large bowl.
7. Pour dressing over the salad, and toss to coat.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 6g fiber

Actual Nutrition Content

Per Serving: 120 calories, 15g carbohydrates, 6g fiber, 8g protein, 5g total fat, 2g saturated fat, 220 mg sodium

CAULIFLOWER “FRIED” RICE (SIDE DISH) STEPS 1, 2, 3

SERVES 4

INGREDIENTS

3 cups of grated raw
cauliflower (*use a cheese
grater or food processor)

1/2 cup carrots,
thinly sliced

3 to 4 garlic cloves, minced

1/2 cup onion, diced

1/2 tablespoon olive oil

4 egg whites, scrambled

3 tablespoons of
gluten-free soy sauce

DIRECTIONS

1. In a large pan, sauté garlic and onions in olive oil on a medium/high heat, until onions become soft and transparent (about 2 to 3 minutes).
2. Next add in carrots. Cook until carrots begin to soften (about 3 to 4 minutes).
3. Next stir in scrambled eggs, cauliflower and soy sauce.
4. Cook stirring frequently for about 5 to 7 more minutes.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 4g fiber

Actual Nutrition Content

Per Serving: 100 calories, 13g carbohydrates, 4g fiber, 8g protein, 2g total fat, 0g saturated fat, 750 mg sodium

CHICKEN, MUSHROOM, RICE SOUP (SIDE DISH) STEPS 1, 2, 3

SERVES 8

INGREDIENTS

1 teaspoon of olive oil

1 small onion, diced

6 cups low sodium chicken
broth

3 cups water

1 cup chopped carrots

3 garlic cloves, minced

2 celery stalks, chopped

14 oz boneless, skinless
chicken breasts

1 bag of Better Than Rice,
drained and rinsed

4 oz shitake mushrooms,
sliced

salt and fresh pepper,
to taste

DIRECTIONS

1. Heat oil in pan and sauté onion on medium heat until soft, 3 to 4 minutes.
2. Add chicken broth, water, carrots, garlic, celery, better than rice chicken breasts, cover and simmer 20 minutes.
3. Add mushrooms and simmer on low, covered 25 minutes, stirring occasionally.
4. Remove chicken from pot and shred with two forks, return to pot.
5. Add salt and pepper to taste and serve.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 1g carbohydrate, 4g fiber

Actual Nutrition Content

Per Serving: 120 calories, 7g carbohydrates, 4g fiber, 18g protein, 3g total fat, 1g saturated fat, 95 mg sodium

ZUCCHINI CARROT LATKES STEPS 1, 2, AND 3

SERVES 3

INGREDIENTS

1 medium zucchini, shredded

3 medium carrots, shredded

1/2 medium onion, finely diced

3 egg whites

1 egg

1/3 cup almond flour

1 tablespoon of coconut flour

2 tablespoons of Parmesan cheese

DIRECTIONS

1. Shred zucchini in food processor.
2. Drain the shredded zucchini in a bowl by added a pinch of salt and patting down with paper towel.
3. Shred carrots in food processor and add to zucchini.
4. Add 3 egg whites and 1 egg to shredded vegetables.
5. Add almond flour, coconut flour and 2 tbsps. of parmesan cheese to mixture and form 12 patties.
6. Heat nonstick pan and lightly spray with olive oil spray.
7. Fry latkes on each side for 3 to 4 minutes.
8. Top with unsweetened apple sauce, 0% plain Greek yogurt or fat free ricotta.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 4g carbohydrate, 7g fiber

Actual Nutrition Content

Per Serving: 205 calories, 15g carbohydrates, 7g fiber, 12g protein, 5g total fat, 3g saturated fat, 207 mg sodium



DETOX SOUP (SIDE DISH) STEPS 1, 2, 3

SERVES 8

INGREDIENTS

1 teaspoon olive oil

1 onion, chopped

3 large celery stalks, chopped

2 large carrots, peeled and chopped

1 cup mushrooms, sliced

10 cloves garlic, minced

8 cups chicken stock

2 bay leaves

1/2 teaspoon turmeric

1/2 teaspoon crushed red pepper

1-1/2 teaspoon sea salt

2 cups shredded kale

DIRECTIONS

1. In a large pot, heat oil over medium-high heat and sauté onion, celery and carrots, stirring occasionally, about 5 minutes.
2. Add mushrooms and garlic, cooking another 3 minutes.
3. Stir in the chicken stock, bay leaves, turmeric, crushed red pepper and salt and bring to a boil. Simmer for 20 minutes.
4. Add kale, cover and simmer an additional 5 minutes.
5. Discard bay leaves, serve and enjoy!

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 2g fiber

Actual Nutrition Content

Per Serving: 55 calories, 5g carbohydrates, 2g fiber, 5g protein, 2g total fat, 0g saturated fat, 90 mg sodium

BEET, ARUGULA, GOAT CHEESE SALAD (SIDE DISH) STEPS 1, 2, 3

SERVES 4

INGREDIENTS

2 medium red beets

2 cups of arugula

4 ounces of low fat goat cheese

FOR THE DRESSING:

1 tablespoon of olive oil

3 tablespoon of balsamic vinegar

1 teaspoon of Dijon mustard

Salt and pepper, to taste

DIRECTIONS

1. Preheat oven to 375 degrees F.
2. Wrap beets in aluminum foil, place on a baking sheet, and roast in the oven until cooked through, approximately 45 to 60 minutes.
3. Remove from the oven, let cool for 10 minutes, and then peel and slice into 1/4-inch thick slice.
4. In a medium bowl, combine beets, arugula and crumbled goat cheese.
5. Mix ingredients for the dressing together and lightly coat the salad.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 1g fiber

Actual Nutrition Content

Per Serving: 100 calories, 6g carbohydrates, 1g fiber, 5g protein, 4g total fat, 2g saturated fat, 86 mg sodium



SPICY MOROCCAN FISH (ENTRÉE) STEPS 1, 2, 3

SERVES 6

INGREDIENTS

- 8 cloves garlic
- 1 large handful cilantro
- 1 teaspoon olive oil
- 1/2 tablespoon lemon juice
- 28 oz can diced tomatoes
- 2 small carrots, chopped
- 6 – 3 oz fillets of white fish
- 2 to 4 long hot peppers
- 1 tablespoon sweet paprika
- 1-1/2 teaspoon turmeric
- 1/2 teaspoon ground cumin
- 1/2 teaspoon hot paprika, or more
- 1 teaspoon salt

DIRECTIONS

1. Make chimichurri by adding garlic and cilantro olive oil and lemon juice into a food processor. Pulse to get a medium-fine chop.
2. Add 2/3 of the canned tomatoes and chopped carrots into a large sauté pan.
3. Lay the hot peppers and fish in the pan leaving a bit of room between them. The filets should sit on top of the tomatoes and carrots.
4. Add the remaining tomatoes, spices, and salt to the chimichurri in the food processor.
5. Add 1/2 cup of water to the sauce to loosen it up.
6. Spoon the sauce over the fish and peppers.
7. Turn the heat on to high and bring to a boil.
8. Once it reaches a boil, turn the heat down to medium-low and partially cover the pan.
9. Simmer for 35 minutes, adding a tablespoon of water the sauce if it looks too dry.
10. Serve hot with the chimichurri mixture.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 4g fiber

Actual Nutrition Content

Per Serving: 200 calories, 14g carbohydrates, 4g fiber, 20g protein, 8g total fat, 1g saturated fat, 290 mg sodium

SLOW COOKED MIDDLE EASTERN CHICKEN (ENTRÉE) STEPS 1, 2, 3

SERVES 8

INGREDIENTS

1 red onion	1 teaspoon garlic powder
3 cloves of garlic	1 teaspoon onion powder
Whole chicken, skinless cut up in 8ths	1/2 teaspoon of cayenne pepper
1 teaspoon cumin	1 teaspoon of salt
1 teaspoon turmeric	
1 teaspoon paprika	

DIRECTIONS

1. Cut up onion and place on the bottom of slow cooker.
2. Place chicken on top of onions.
3. Cover chicken with spices.
4. Cook on low for 6 to 8 hours.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 1g fiber

Actual Nutrition Content

Per Serving: 280 calories, 2 g carbohydrates, 1 g fiber, 24 g protein, 19 g total fat, 5 g saturated fat, 92 mg sodium

EGGROLL IN A BOWL (ENTRÉE) STEPS 1, 2, 3

SERVES 6

INGREDIENTS

1 1/2 lb. lean ground beef	1 teaspoon garlic or 4 cloves garlic
2 medium onions, finely minced	1 teaspoon of salt
1 tablespoon of sesame oil	1 teaspoon of stevia
9 cups shredded cabbage	1/2 teaspoon of red pepper
1-1/2 cups shredded carrot	1/3 cup vegetable broth
1 teaspoon of ginger, minced	4 teaspoon gluten-free soy sauce
1/2 teaspoon of black pepper	4 teaspoon of coconut aminos

DIRECTIONS

1. Heat large frying pan on medium high heat.
2. Place meat in pan and cook until browned.
3. Add the onions and sesame oil. Cook until lightly browned.
4. Reduce heat to medium.
5. Add spices, sweetener and broth to the pan and stir well.
6. Add the cabbage and stir to coat.
7. Cook, stirring frequently until the cabbage starts to wilt.
8. Add carrots and cook for 2 to 3 minutes until soft.
9. Add gluten-free soy sauce and coconut aminos to taste and adjust flavorings as desired.
10. Serve plain or over cauliflower rice.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 2g fiber

Actual Nutrition Content

Per Serving: 255 calories, 7g carbohydrates, 2g fiber, 25g protein, 14g total fat, 4g saturated fat, 345 mg sodium

MAPLE SOY GLAZED SALMON (ENTRÉE) STEPS 1, 2, 3

SERVES 4

INGREDIENTS

2 tablespoon of Sukrin
Fiber Syrup Gold

3 tablespoons of
gluten-free soy sauce

1 tablespoon of hot sauce

1 clove of garlic, minced

4 – 3-oz salmon fillets

DIRECTIONS

1. Combine syrup, soy sauce, hot sauce and garlic in a dish.
2. Add salmon to dish and marinate on both sides for at least 30 to 60 minutes.
3. Preheat oven to 425.
4. Grease a baking sheet with nonstick cooking spray.
5. Place fish on baking sheet and bake for 10 minutes.
6. Meanwhile place leftover marinade in a pot and bring to a boil and then let simmer until the sauce thickens.
7. Pour sauce over salmon and serve.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 7g fiber

Actual Nutrition Content

Per Serving: 200 calories, 9g carbohydrates, 7g fiber, 20g protein, 11g total fat, 2g saturated fat, 740 mg sodium





PAD THAI (ENTRÉE) STEPS 1, 2, 3

SERVES 3

INGREDIENTS

1 pack of Better Than Noodles

12 small to medium raw shrimp, shells removed

1 tablespoon gluten-free soy sauce

4 spring onions, sliced

4 cloves garlic, minced

1 fresh red chili (finely sliced)

3 egg whites

1 cup of bean sprouts

handful fresh coriander

2 tablespoon of almonds, sliced

1 tablespoon coconut oil

FOR THE SAUCE:

1 tablespoon tamarind paste

1/4 cup chicken stock

3 tablespoon fish sauce

1 tablespoon gluten-free soy sauce

1/8 teaspoon ground white pepper

1 tablespoon chili sauce

4 tablespoon Truvia

DIRECTIONS

1. Prepare the Better Than Noodles as per package instructions (drained and rinsed).
2. In a small bowl, combine all the Sauce ingredients.
3. Heat a wok over medium-high heat. Add coconut oil and stir-fry the white parts of the onion, garlic, chili for 1 minute.
4. Add shrimp and continue stir-frying until shrimp are pink and plump.
5. Push ingredients aside and make a well. Add egg whites and stir-fry quickly to scramble.
6. Add noodles and drizzle one third of the sauce over them. Using tongs, gently stir-fry all the ingredients to heat the noodles. Keep adding the sauce.
7. Turn off heat. Fold in bean sprouts. Add the rest of sauce.
8. Sprinkle over the green onion, nuts and coriander.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 4g carbohydrate, 10g fiber

Actual Nutrition Content

Per Serving: 250 calories, 26g carbohydrates, 10g fiber, 17g protein, 10g total fat, 4g saturated fat, 750 mg sodium

CHINESE CHICKEN LETTUCE WRAP (ENTRÉE) STEPS 1, 2, 3

SERVES 4

INGREDIENTS

1 teaspoon olive oil

1 pound ground chicken

2 cloves garlic, minced

1 small white onion, diced

3 tablespoons hoisin sauce

2 tablespoons gluten-free soy sauce

1 tablespoon rice wine vinegar

1 tablespoon freshly grated ginger

1 teaspoon of hot sauce

1 can sliced water chestnuts

Salt and pepper, to taste

1 head butter lettuce

DIRECTIONS

1. Add olive oil and ground chicken to a large non-stick skillet. Cook and crumble over medium-high heat until browned. Drain any fat.
2. Stir in garlic, onion, hoisin sauce, soy sauce, rice wine vinegar, ginger and hot sauce until onions have become translucent, about 1 to 2 minutes. Stir in chestnuts and green onions until tender, about 1 to 2 minutes; season with salt and pepper, to taste.
3. Spoon several tablespoons of the chicken mixture into the center of a lettuce leaf.
4. Serve immediately and enjoy!

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 4g carbohydrate, 3g fiber

Actual Nutrition Content

Per Serving: 225 calories, 15g carbohydrates, 3g fiber, 18g protein, 9g total fat, 2g saturated fat, 700 mg sodium

CREAMY SPINACH RISOTTO (ENTRÉE) STEPS 1, 2, 3

SERVES 2

INGREDIENTS

1 pack Better Than Rice

1 garlic clove, minced

1 cup of cottage cheese

2 teaspoon of Parmesan cheese

1/4 cup of unsweetened almond milk

1 cup of spinach

Salt and pepper, to taste

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 6g carbohydrate, 13g fiber

Actual Nutrition Content

Per Serving: 170 calories, 17g carbohydrates, 13g fiber, 17g protein, 4g total fat, 1.5g saturated fat, 560 mg sodium

DIRECTIONS

1. Prepare the Better Than Rice as per package instructions (drained and rinsed).
2. Heat nonstick skillet.
3. Add garlic and sauté. Reduce heat to low. Add Better Than Rice, and stir.
4. Add cottage cheese, 1 teaspoon of Parmesan cheese and almond milk, stirring until melted.
5. Add spinach and stir until wilted.
6. Add salt and pepper, to taste.
7. Add remaining Parmesan cheese.



SLOW COOKED POT ROAST STEPS 1, 2, 3

SERVINGS 12

INGREDIENTS

3 lb. chuck roast

1 teaspoon onion powder

1 teaspoon garlic powder

1/4 teaspoon salt

1/4 teaspoon pepper

1 medium onion

1 cup mushrooms

4 medium carrots, diced

1 turnip, diced

3 garlic cloves

2 tablespoon tomato paste

1 cup of dry red wine

3 springs of fresh rosemary

3 springs of fresh thyme

DIRECTIONS

1. Season the chuck roast with the salt, pepper, onion and garlic powder.
2. In your slow cooker add the onion, mushrooms, carrots, turnip and garlic.
3. Lay the beef on top, then add the wine, tomato paste, fresh herbs and cover, cooking on low for 8 to 10 hours or on high for 5 to 6 hours.

The F-Factor Diet Nutritional Content for Journaling

Per Serving: 0g carbohydrate, 2g fiber

Actual Nutrition Content

Per Serving: 205 calories, 4g carbohydrates, 2g fiber, 32g protein, 4g total fat, 0g saturated fat, 77 mg sodium



Breakfast Toppers

- + 4 to 6 egg whites or Egg Beaters (scrambled, hard boiled or as an omelet) with your favorite vegetables and 1 to 2 oz Laughing Cow light cheese wedges or low fat cheese (3 gm of fat or less per oz).
- + 3 to 6 slices of lox (3 to 6 oz) with 1 to 2 oz Laughing Cow light cheese wedges or lowfat/fat free whipped cream cheese.
- + 3 tablespoons PB2 and 1 tablespoon sugar-free jelly (ex: Smucker's or Polaner's)
- + 1/2 to 1 cup low-fat cottage cheese or 4 to 6 ounces non-fat, plain Greek yogurt – for a sweet bite, use a packet of stevia/Truvia & cinnamon to taste. For a savory flavor, spread the cottage cheese or yogurt on the crackers and top with tomato and cucumber slices.

Lunch Toppers

- + High Fiber Pizza Wrap: Top High Fiber Paleo Wrap 1/2 to 1 cup lowfat cheese or cottage cheese, spicy roasted red pepper sauce (lutineca) or tomato sauce, sprinkle 1 tablespoon of parmesan cheese and oregano to taste, microwave 1 to 2 minutes.
- + 3 to 6 oz turkey bacon, chicken, turkey breast, roast beef (Optional: lettuce, tomato, mustard and/or hot sauce)
- + 3 to 6 slices of lox with 1 to 2 Laughing Cow light cheese wedges or low-fat/nonfat cream cheese (Optional: topped with onion and tomato)
- + 1/2 to 1 cup tuna, egg, or chicken salad (made with low-fat mayonnaise or nonfat greek yogurt) with lettuce and tomato

Snack Toppers

- + F-Factor Yogurt Dip – Mix 1 container of plain 0% Greek Yogurt , 1/2 packet of onion dip, 1 tablespoon low-fat mayo, 1 to 2 tablespoons of water and 1 box frozen chopped spinach (first defrost it and then squeeze dry with a paper towel). Serving is 2 ounces.
- + High Fiber Pizza Wrap – Top High Fiber Paleo Wrap with 1/4 cup low fat cheese or cottage cheese, spicy roasted red pepper sauce (lutineca) or tomato sauce sprinkle parmesan cheese and oregano to taste, microwave 1 to 2 minutes.
- + Women: 1 to 2 oz; men: 2 to 3 oz of chicken, cold cut turkey, turkey breast, roast beef (Optional: lettuce, tomato, mustard and/or hot sauce)
- + 2 Tablespoon PB2 + 1 Tablespoon sugar-free jelly
- + 2 slices of lox with 1 to 2 Laughing Cow light cheese wedges or low-fat/nonfat cream cheese (Optional: topped with onion and tomato)



Q. HOW DO I KNOW IF I HAVE CELIAC DISEASE?

A. Celiac disease is screened for by a blood test, looking for antibodies for tissue transglutaminase, and if positive, followed by an endoscopic biopsy to confirm diagnosis.

Q. CAN A GLUTEN-FREE DIET HELP ME LOSE WEIGHT?

A. A gluten-free diet does not necessarily mean weight loss. Following a gluten-free diet can lead to nutrient deficiencies if not done appropriately. If you follow the step 1 meal plan provided in the F-Factor Gluten-Free e-book you will lose weight as a byproduct of eating a high fiber, high protein well balanced diet.

Q. WHAT DOES THE LABEL “GLUTEN-FREE” MEAN?

A. The FDA ruled in 2014, that if a product has the “gluten-free” label, it must not contain any gluten-containing ingredients, or if it does have gluten-containing ingredients, the product must be processed to remove gluten and the final product must contain less than 20 parts per million (ppm) of gluten.

Q. ARE OATS GLUTEN-FREE?

A. Yes, if uncontaminated oats are gluten-free. It's common for oats to be handled in the same facilities that manufacture gluten-containing products, so there is always a chance that oats can become contaminated during the packaging process. It is important to ensure the oats are labeled gluten-free, when purchasing.

Q. IS CELIAC DISEASE GENETIC?

A. Celiac disease is a hereditary condition. First degree relatives have a 1 in 10 risk of developing celiac disease. If a family member starts having symptoms such as GI distress, fatigue or headaches, they should get tested immediately.

Q. ARE THERE GLUTEN-FREE GG CRACKERS?

A. Hain Celestial, the company that creates GG crackers is currently working on the production and distribution of a gluten-free GG cracker. For the most up-to-date information, please contact the company directly.

Q. WHAT IF I EAT CONTINUE TO EAT GLUTEN AFTER DIAGNOSED WITH CELIAC DISEASE?

A. Celiac disease is a very serious condition and if left untreated can lead to other serious medical conditions. These include the development of other autoimmune disorders like type I diabetes and multiple sclerosis, dermatitis herpetiformis, anemia, osteoporosis, infertility, neurological conditions like epilepsy and migraines, short stature, and intestinal cancers.



THE FOLLOWING FOOD ITEMS OFTEN CONTAIN GLUTEN:

- + Pasta
- + Pastries
- + Crackers
- + Baked goods
- + Cereal & granola
- + Breading & coating
- + Croutons
- + Brewer's Yeast
- + Soy sauce and teriyaki sauces
- + Salad dressings
- + Meat substitutes
- + Egg substitute
- + Non-dairy creamer
- + Gravies & marinades
- + Candy and candy bars
- + Potato chips
- + Tortillas
- + Fruit fillings and puddings
- + Energy bars
- + Trail mix
- + Meatballs, hamburgers, meatloaf
- + Brown rice syrup
- + Starch or dextrin
- + Oats & oat bran (unless certified GF)

There are naturally high fiber gluten-free grains currently on the market. Below is a list that you can refer to when you add in 3 servings of high fiber carbohydrates on step 2. Many of these grains can be found in your local grocery store, but some of the lesser-known grains may only be found in health food stores or online.

GLUTEN-FREE FLOUR (1 CUP)	FIBER	GLUTEN-FREE GRAINS (1/4 CUP, RAW)	FIBER
Black bean flour	20g		
Fava bean flour	32g		
Buckwheat flour	16g		
Chickpea flour	20g		
Flax flour	24g		
Hazelnut flour	16g		
Quinoa flour	8g		
Sorghum flour	12g		
Coconut flour	8g		
Teff flour	20g		
Tiger nut flour	40g		
Coffee flour	83g		
		GLUTEN-FREE SEEDS (2 TABLESPOON, RAW)	
		Chia seeds	11g
		Flax seeds	3g
		Poppy seeds	5g
		Amaranth	7g
		Sorghum	8g
		Quinoa	5g
		Teff	4g
		Buckwheat groats	4g
		Wild rice	3g



F-FACTOR™

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