



**"IT AIN'T YOUR  
MAMA'S YOGA"**

**DDPYOGA PROGRAM GUIDE**  
**FITNESS + NUTRITION + MOTIVATION**

**OWN YOUR LIFE! DIAMOND DALLAS PAGE**





# **DDPYOGA** FITNESS GUIDE

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# DDPYOGA FITNESS GUIDE INTRODUCTION

One of the most profound things I have learned in my 55 years is...  
Flexibility is youth, in the body and the mind.

CONGRATULATIONS! You've just taken the first step towards owning your life with me, Diamond Dallas Page! I believe it's absolutely critical that you take the time to understand what you are about to do, and WHY, when it comes to DDPYoga (Formerly known as Yoga for Regular Guys - or the YRG Fitness System).

This program guide will provide you with the important structure you need to keep you on track. So if you're ready to totally transform your body and your mind set - READ ON. (I didn't just write this booklet for my own health -- I WROTE IT FOR YOURS!) BANG! It's time to believe in yourself, and believe in what DDPYOGA can do - if you put in the work! Trust me, this program guide is your map, for your own personal and incredible transformation! I've literally spent years perfecting this workout, not only for my own fitness and to "hold back the hands of time", but through watching many others follow the program with amazing results. I believe DDPYOGA is the perfect workout for so many reasons. So let's find out why...

DDPYOGA is all about YOUR ENERGY... a fitness system that teaches you how to channel Your Energy and turn it into a powerful tool for personal transformation. As your strength and stamina start to kick up with DDPYOGA, I kick up the intensity of your workouts. That's why this program works for people at every level. Even if you are starting at a low level of fitness, I'll help you build at a pace comfortable for you. With every DDPYOGA workout, you have the ability to make it your own, by modifying each move to fit your specific needs. I'll show you how to get started and then build on that momentum to re-charge your system to the level you had in your youth... and beyond! DDPYOGA will truly help you hold back the hands of time.

Most fitness products collect dust under your bed after the first month... because no matter how good a product claims to be, it's not going to do the work for you! With DDPYOGA, I'll teach you how to channel your own personal power, through something called Dynamic Resistance, into the physical results you've always wanted. This mental and physical change, produced by capturing your energy, re-charging it, and revving it up, creates a lifestyle that lasts a lifetime. YOU CAN DO THIS!!!! You'll lose weight, gain strength, and increase your flexibility. I KNOW... I've seen this amazing transformation with thousands of people, just like you. And if you're already in great shape, but want to kick it up a notch, get ready to get your ass kicked with this intense workout. Sissies need not apply.

People look at me, Diamond Dallas Page, at 55 years young, 6'4", 230 pounds, (and RIPPED, if I do say so!) and they can't believe the only exercise I do is DDPYOGA!!! I've got two words for you - believe it! Sure, I look like I lift weights. I don't. I don't lift. I don't run. I don't go to a gym. The only exercise I do is DDPYOGA, and I can do it anywhere, at any time... and so can you.

So, Ladies and Gentlemen...

## ARE YOU READY????? LET'S GET READY TO OWN IT!!!!!!

DDPYOGA is my own kick-ass combination of old-school calisthenics, rehabilitation principles, basic yoga positions, core strength-training, and slow-motion Dynamic Resistance. Dynamic Resistance teaches you how to engage your muscles in every aspect of the workout by resisting, or pressing against, each move. You add the tension, as though you are moving your arms through clay. This gives you the same results as working on expensive gym equipment. We take standards, like push-ups, squats, and crunches, and turn up the heat by slowing them down into a slow-motion burn and adding Dynamic Resistance to increase your heart rate. WHO NEEDS A GYM? This combination gives you an aerobic, no impact workout, and adds strength and endurance to everything you do. You'll strengthen your core from start to finish. You'll sweat your ass off, increase your flexibility, turn fat into lean muscle, and unlock the secret to staying youthful for life.

DDPYOGA is the only program on the planet that allows ZERO IMPACT on your joints while giving you a Kick Ass Cardiovascular workout, increases your Flexibility and Core Strength Conditioning - all in one workout. THIS DOESN'T EXIST ANYWHERE ELSE! The best part is, you can do it in the comfort of your own home. No trips to the gym, no expensive equipment, just a series of DVDs and an easy-to-follow brochure to use as a guide. Sorta takes away all your excuses not to exercise, right? Plus, when I tell you it takes only 20 minutes for a great workout... you can't tell me you don't have time for that! You need to make exercise a priority in your life - and everyone can figure out how to spare 20 minutes! Then as you build your energy with DDPYOGA, you'll want to take on those more challenging workouts... 30, 40, 50 minutes or even an hour. Commit to three times a week and you won't believe the results! Kick it up to four or five times a week and you are on your way to that highly energetic, jacked, stacked, and shredded body that you've always wanted!

Believe me, at 50 you can tell who works out and who doesn't. Fab or flab... your choice. If you want to get on top of your health and make it last for decades to come you must commit today to DDPYOGA and make it a part of your lifestyle.

## HOW IT BEGAN...

I was 35 years old the first time I stepped into a pro-wrestling ring to be trained as a wrestler. Everyone said I was nuts. They said I was crazy. They said it couldn't be done. Looking back, I guess they had a point. I mean, imagine for a moment trying out for the Yankees, Lakers, or Dallas Cowboys at 35 years old! I don't think so. Guys don't start at that age - they retire. Not me. I was a guy who "Lived Life at 90%." As Lou Holtz coined it,

**"LIFE IS 10% OF WHAT HAPPENS TO YOU AND 90% OF HOW YOU REACT TO IT."**

I believe ANYTHING is possible with discipline, drive, and determination. Oh yeah, you also have to believe in yourself. You must have passion and know what it is you really WANT! You have to set goals and have to write down those goals so that you can see them everyday. Was it easy? Ha! It was hard; really hard. But as time went on, the difficulty of the goal was what made it GREAT. Think about it. I challenge any of you reading this to name five things, no make that three things, no JUST NAME ONE THING that you appreciate so much that was just given to you. Know why you can't come up with an answer? Because it doesn't exist! When something is just given to us, and we don't have to work for it, we not only don't respect it - we don't even appreciate it.

So, yeah, I worked hard. I studied the pros. I made a plan. I watched. I learned. I made a strategy for my career path. I WORKED that strategy everyday. I did not let obstacles get in my way. Eventually, not only did I crack the twisted and wonderful world of wrestling, I conquered it. When I became a Main Event talent, headlining all over the world, I can't even begin to tell you just how much I appreciated it.

## WORK ETHIC = RESULTS AND DREAMS COME TRUE!!

By the age of 42 I was on top of the world. Headlining in one main event after another, I was totally living the dream! The Diamond Cutter was my signature closing move and the Diamond Cutter sign I made with my hands became a type of battle cry for my fans. I would walk into a stadium in front of 20,000 screaming fans, and throw up the Diamond Cutter. Talk about an adrenaline rush! Like I said, I was living the dream.

With the intensity of those matches, combined with the grueling travel schedule (on the road as many as 270 days a year), you're bound to end up with injuries. It's the nature of the beast. Say what you want about professional wrestling; but there's only so much you can fake. When those huge guys come crashing down on top of your body, trust me when I say, "You can't fake gravity." That fake stuff hurts like hell.

In 1998 my opponent and closest friend, Kevin Nash, lifted me over his head, like I was a child, and power-bombed me flat down for the win. When I hit the mat, my body jack-knifed and I felt like my spine was broken. Nash didn't mean to hurt me. It was just an accumulation of all the falls I'd taken over all the years - along with getting splattered by guitars, steel chairs and garbage cans! This time my back said, "Uncle!" and I ruptured my L4/L5 disc so badly, I couldn't even bend over, sit down or walk... let alone wrestle. But, no matter what I still made it to my rehabilitation appointments, but just doing the rehab didn't seem to help.

My sky-rocketing career came to a screeching halt. While I was laid up in bed, my wife, Kimberly, was doing her yoga workouts downstairs. She would come up, covered in sweat, and tell me what an incredible workout she was getting from yoga. She kept encouraging me to try it, to help with my flexibility and to rehabilitate my back. My reaction was, "Yoga? I'm not doing that crap." For the first 42 years of my life I was a guy that wouldn't be caught dead doing Yoga! But I was desperate and with the realization that my dream would be over, I figured I had nothing to lose. I wanted my life back... and for me, failure is never an option. What transpired from those very first workouts would change my life forever, as I started to combine the rehab moves with the Yoga positions.

Despite my crippling injuries, I was able to start - slowly. Bit by bit, I was gaining flexibility. I couldn't believe that my body was responding to it! As I gained strength, my back began to loosen up. Before I knew it, I was able to bend over. Those first yoga workouts eased my pain and helped me to believe I could re-gain my physical strength so I could get back into the ring. Now

I felt the challenge and rose to meet it. As well as I was progressing, I knew that the rehabilitation moves and yoga positions weren't enough for me because I still needed aerobic and strength training. As I got stronger and stronger, I started adding my own elements to the workout... push ups, squats, crunches, and more, all done in a slow motion burn movement. Then I added Dynamic Resistance – where you actually press against each move as if you are on a piece of equipment at the gym. Dynamic Resistance incorporates opposing muscles to counteract flowing movements and that's what creates the resistance you need to burn fat and sculpt every major muscle in your body. Adding Dynamic Resistance cranked up my aerobic training, along with the strength training, and flexibility... and I was still hanging out at home! This was the beginning of DDPYOGA! Very cool. I practiced more and more and couldn't believe the workout I could get without lifting weights or even entering a gym. I was doing it all on a mat in my house! Before I knew it, my back, and the rest of my body, was stronger than ever before. Plus, I had gained so much strength and flexibility – everyone wanted to know how I did it!

The workout I developed started with rehabilitation moves and yoga positions, and transformed into something more... it became DDPYOGA. Comparing yoga to DDPYOGA is like comparing a bicycle to a Harley-Davidson. They both have two sets of wheels, but that's where the similarities end. Yes, we have a mat... but DDPYOGA ramps up to a very different place. We won't be chanting, but you might find yourself swearing!

At 42 the doctors told me my pro-wrestling career was over. At 43 I was awarded the Heavy Weight Championship Title of the World; not once, not twice, but three times! They said it couldn't be done... oh yeah? Ha! Sometimes I still have to laugh. Today I am stronger, more flexible, and have more energy than ever. 55 years young! The best part is that I can maintain my health and physical appearance for decades to come with DDPYOGA. Unlike those quick fixes, anyone, at any age, can capture DDPYOGA and make it a part of his or her lifestyle. One of my goals is to be 80 years old, still ripped, and able to stand on one leg and the lift the other over my head.

That's how DDPYOGA began... it began out of a need. A need to change my life. A need to OWN MY LIFE. A need to achieve my goals. A need to feel good about myself. A need to conquer my adversity. DDPYOGA helped me get everything I wanted in life, and to sustain it forever. Being given this second chance in life made DDPYOGA more than just a personal achievement. It became my calling. It became my passion. I realized I had created a tool for personal transformation and the same workout that restored my health and success could work for millions of other people with goals and dreams of their own. And that, my friends, is how this tattoo-covered, wrestling maniac became a fitness guru with a mission.

## IT'S UP TO YOU

Now I want to share DDPYOGA with you so you can achieve YOUR goals. I see potential in all people, even when they can't see it for themselves. I promise I will never count you out. When you commit to DDPYOGA, you get me as your guide, but not just me, you also get all the members of TEAM DDPYOGA ([www.TEAMDDPYOGA.com](http://www.TEAMDDPYOGA.com)). I know what you are capable of achieving. If you are reading this, you have no doubt seen some of the amazing testimonials from regular people who have achieved extraordinary results with DDPYOGA. Ordinary people doing extraordinary things... (ah, who said that?) The results are so incredible, you might be tempted to call them "miraculous" but there are no miracles involved.

Take a look at my website, DDPYOGA.com and check out Arthur. Here's a disabled veteran at 297 pounds, who could only walk with the aid of two knee braces, a back brace and two canes that rapped around his wrists. He learned about DDPYOGA and something about it resonated with him and he decided to give it a try. Due to his disabilities, he started with the easiest of the workouts. They were still hard for him! He fell over again and again... but each time he did something amazing. He got back up. He created a video diary of his transformation and you won't believe the amount of weight he lost – 140 pounds in less than a year. But even more astounding was the physical strength he was able to gain! Not only is he walking without the braces and canes... he's running! DDPYOGA took a disabled man and turned him into a fitness machine! All it took for Arthur was a decision to make it happen and the courage and commitment to stick with it... by the way that was five years ago and he's still going strong! Of course, the legal suits will now require me to say, "Individual results will vary." Damn straight they vary! You get out of it what you put into it!

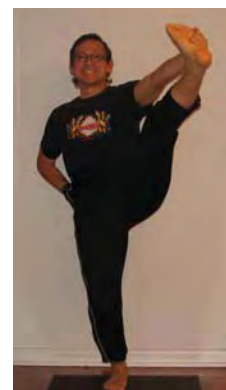
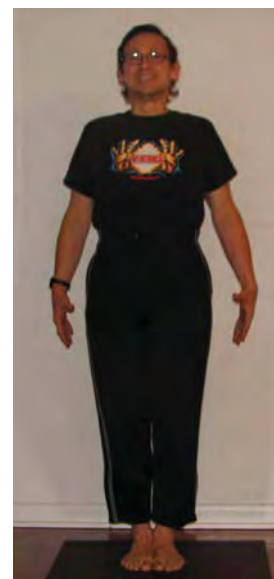
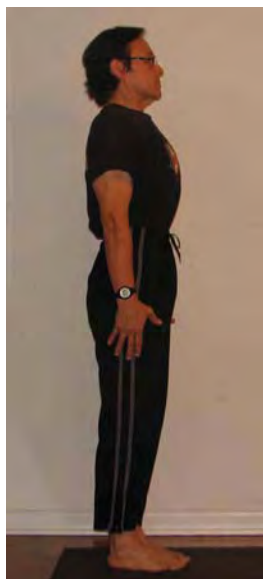
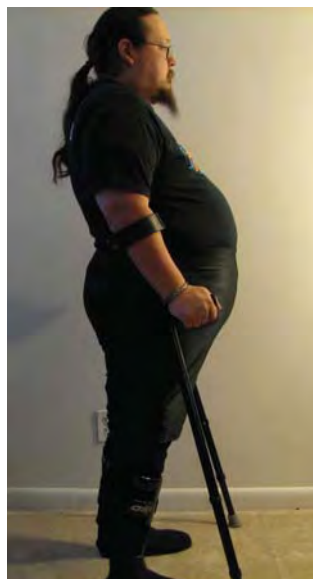
The reason DDPYOGA worked for Arthur is that he made it his own. He couldn't even walk, but he was able to modify the positions to make it work for him. Each DVD tells you how to make the moves easier or more challenging, so you can make DDPYOGA your own and get the most out of each workout. I'll be here, every step of the way, reminding you how to modify positions, as needed. It worked for Arthur, and it will work for you, too.

Now you have to make a decision. The Latin origin for “decide” means “to cut off all other possibilities.” So if you want to get fit, you need to “decide” you are going to be fit and “cut off all other possibilities.” If you do this program correctly, you will get results. If you leave it in the box, guess what? You will get what you have right now. YOU DECIDE.

If you need help, go to [TEAMDDPYOGA.com](http://TEAMDDPYOGA.com) and join Team DDPYOGA. There are a whole crew of people, just like you, who will inspire you and help you reach your goals, like Arthur (YES, THIS Arthur), Stacey, Sparkey, Rev Kev, Jamie, Richard, Motown, Rich, Matt, and DOUG. The members are an amazing support system. These people really care, SO USE IT! Let me ask you a question... did you ever think for a moment that Arthur thought he would become what everyone is calling the Greatest Transformation in Fitness History? I'll never forget telling Arthur, in his first few months of doing DDPYOGA, that he was starting to inspire people. He was shocked. I don't think there is a greater gift in the world than the ability to help and inspire others. The real beauty is that we ALL have the ability to do it! Start today... it's YOUR chance to inspire others with your DDPYOGA transformation!

## ARTHUR'S REMARKABLE TRANSFORMATION!

Arthur before at 297 pounds and after at 157 pounds!



# DDPYOGA THE BASICS

## BREATHING

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Learning how to breathe is one of the most important principles of DDPYOGA. Oxygen is the fuel for your muscles. In any workout, controlling your breath makes your workout easier and helps to break down stored fat and convert it to high octane fuel. No, I'm not kidding here. Breathing correctly is not only important for losing fat and fueling muscle energy, it is the key to life itself!

With DDPYOGA we practice diaphragmatic breathing (we call it "belly breathing"). As you breathe in, fill your stomach/diaphragm with air until it blows up like a balloon. Then take a long exhale and push the air out as you press your bellybutton to the back of your spine. Many of us naturally breathe in just the opposite way... we breathe in and pull our stomachs up under our rib cage, then when we breathe out we press our tummies out full. How do we fix it? We have to re-learn how to breathe. This is how we all began breathing as babies. With a little concentration, we can get back to diaphragmatic breathing and hold back the hands of time! Breathe in and blow up that balloon, then exhale and press all the air out. Each proper breath fuels your muscles as you exercise, and helps you push through each move for maximum benefit. You will learn all of this in the DDPYOGA DVD series. Here's an exercise for you: laying on your back, knees bent, hands on your belly. Breathe in for a count of three, expanding your belly / diaphragm, then exhaling, pulling your belly towards the back of your spine for three. Repeat. Now breathe in for five, out for five. Repeat. Repeat. In for ten. Out for ten and so on. Just to let you know I can breathe out for sixty and in for sixty and it didn't happen overnight. I started in and out for three and then practiced, practiced and practiced. Today, 90% of the time I own my breath.

## HEART RATE

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Most of us think the harder we work, the better results we'll see... not true when it comes to exercise! Working smarter is more important than working harder. Wearing a heart rate monitor will let you know exactly how much effort you need to burn fat rather than muscle. What we want to find is your target Fat Burning Zone. This zone tells you just how much effort to exert to achieve the best DDPYOGA results. Calculating your Fat Burning Zone is simple. Subtract your age from 180. For a 40 year old, your maximum heart rate would be 140. Now to find your range, subtract another 20. So for a 40 year old, the Fat Burning Zone is between 120-140 beats per minute.

### DDPYOGA FAT BURNING ZONE

$$180 - (\text{YOUR AGE}) = \text{TOP OF RANGE}$$

$$\text{TOP OF RANGE} - 20 = \text{BOTTOM OF RANGE}$$

Wear your heart rate monitor during all DDPYOGA workouts. It's not only your guide, it's your speedometer and your RPM gauge! The strap goes right where you would strap on a bra – yes, for you guys as well... right under your chest muscles. The "watch" goes on your wrist and tells you how many times your heart is beating per minute. Check it frequently. If you are not at your minimum, ramp it up! Engage those muscles and add more Dynamic Resistance. And if you're over your maximum, take it down a notch. Stop engaging in Dynamic Resistance, or go into Safety Zone. I'll show you how. You may be surprised, at first, how quickly you can jack your heart rate up to aerobic levels with a NO IMPACT workout. People often think I'm pulling one over on them when I tell them you get an aerobic workout from DDPYOGA... once you strap on that heart rate monitor, you will have no doubt that your heart is getting a helluva workout. In fact, DDPYOGA provides just as good of a workout as if you were running on a treadmill, or the asphalt, but with no impact! Your knees and hips will thank you.

# BUILDING **DDPYOGA**

DDPYOGA is for every fitness level. Remember, we start with the energy you have and build from there. Ever hear the story of the 600 pound man who decided to lose weight once and for all? He couldn't even get out of bed, so how could he exercise? He started by clapping his hands together. He didn't think about what he COULDN'T do... he started with what he COULD do! And it worked. He started burning calories and increasing his metabolism. Along with a whole lot of hard work, and better eating habits, he got his life back. With DDPYOGA, you begin at your own pace. Your level of commitment will launch to the next level and from there the only limitation is what you place on yourself. Extraordinary results are yours for the taking!

## **DDPYOGA** WORKOUTS

### **DIAMOND DOZEN:** \_\_\_\_\_●

The DDPYOGA Diamond Dozen includes the key 13 moves of the DDPYOGA Fitness System. (I guess we should call it a "Baker's Dozen" – or let's just say I was never very good at math.) You'll learn these fundamental moves at the heart of every DDPYOGA workout. You'll also learn about Dynamic Resistance and how to jack up your heart rate to reach your fat burning potential while toning and sculpting your body with lean, chiseled muscles.

At any point in the DDPYOGA Fitness System, if you feel you are not getting the positions correct, or if you are not in your target heart rate zone, refer back to the Diamond Dozen. I'll be there every time waiting to personally teach you.

### **ENERGY!:** \_\_\_\_\_●

Now that you are familiar with the Diamond Dozen, ENERGY! takes those moves and incorporates them into an energizing 20-minute workout designed to wake up your body. This is a great starting point for anyone new to DDPYOGA – or for when you only have 20 minutes to exercise. While it's designed for beginners, don't be fooled! As you sink more deeply into the positions, you can get an intense workout in these power-packed 20 minutes.

### **FAT BURNER:** \_\_\_\_\_●

Crank it up and get ready to sweat! This 25-minute DDPYOGA DVD provides a total body workout including targeting problem areas like abs, arms, thighs and butt. This fast-paced, high-cardio emphasis focuses on carving fat off your body in a compact, time-saving workout.

### **THE DIAMOND CUTTER:** \_\_\_\_\_●

You know this one's gotta be good because I named it after my signature move. We focus on every part of your body while we build strength, increase flexibility, and give you a cardio workout like you've never had. Wanna lose weight quickly or tone up? Guess what? This is for you!

## RED HOT CORE: \_\_\_\_\_ ●

If you've got a little extra hanging over your waistband, this DVD has your name all over it! Sexy, slim waistlines and ripped abs require a Red Hot Core workout! Take less than 15 focused DDPYOGA minutes to build core strength and create that flat stomach or six-pack of your dreams.

## BELOW THE BELT: \_\_\_\_\_ ●

Okay, Ladies... I specifically had you in mind for this one. Here we're focusing on holding back the hands of time in your butt and thighs. And fellas, you'll gain incredible strength in your most powerful muscle groups – glutes and thighs.

# DDPYOGA ADDITIONAL WORKOUTS

If you haven't already, order the three additional DVDs!  
You won't want to miss these incredible workouts!

## STAND UP!: \_\_\_\_\_ ●

Get off your butt with this 30-minute, highly condensed DDPYOGA workout that has you standing at all times and focusing on balance. Perfect for those with bad knees, Stand Up! gives you a complete workout on your feet, with no impact.

## STRENGTH BUILDER: \_\_\_\_\_ ●

This time-saving 35-minute DDPYOGA workout focuses on strengthening techniques for those body parts that tend to break down first—knees, hips, shoulders, and back. Just because you have a weak area doesn't mean you can't exercise! This no impact workout helps to build up your weakest link, and keeps you in top form.

## DOUBLE BLACK DIAMOND: \_\_\_\_\_ ●

Get ready to sweat and swear! This is my own personal workout for serious fanatics who are ready, or think they're ready! Only experts need apply. In Double Black Diamond, we turn up the burn, sweat it out, and take strength and flexibility to a whole new level. If you're someone who always wants a bigger challenge and you're willing to push yourself to the limit, this is the DVD for you.

Still not enough DDPYOGA? Here are two more DDPYOGA Workouts to mix into your routine.

## WAKE UP: \_\_\_\_\_ ●

Work out the kinks, first thing in the morning, with this 10-minute routine to wake up your muscles, loosen your joints, and fill your body with energy. Wake Up is a great way to start your day, everyday, and keep you going all day long!

## MIX TAPE: \_\_\_\_\_ ●

We have gathered the most challenging positions from all the DDPYOGA Workouts and condensed then into an action-packed 30-minute workout, called DDPYOGA Mix Tape. It's a mash-up of all of my favorite hits! DDPYOGA Mix Tape may be substituted for Strength Builder or Stand Up! in the DDPYOGA 13-Week Workout Grid (p.10-11).

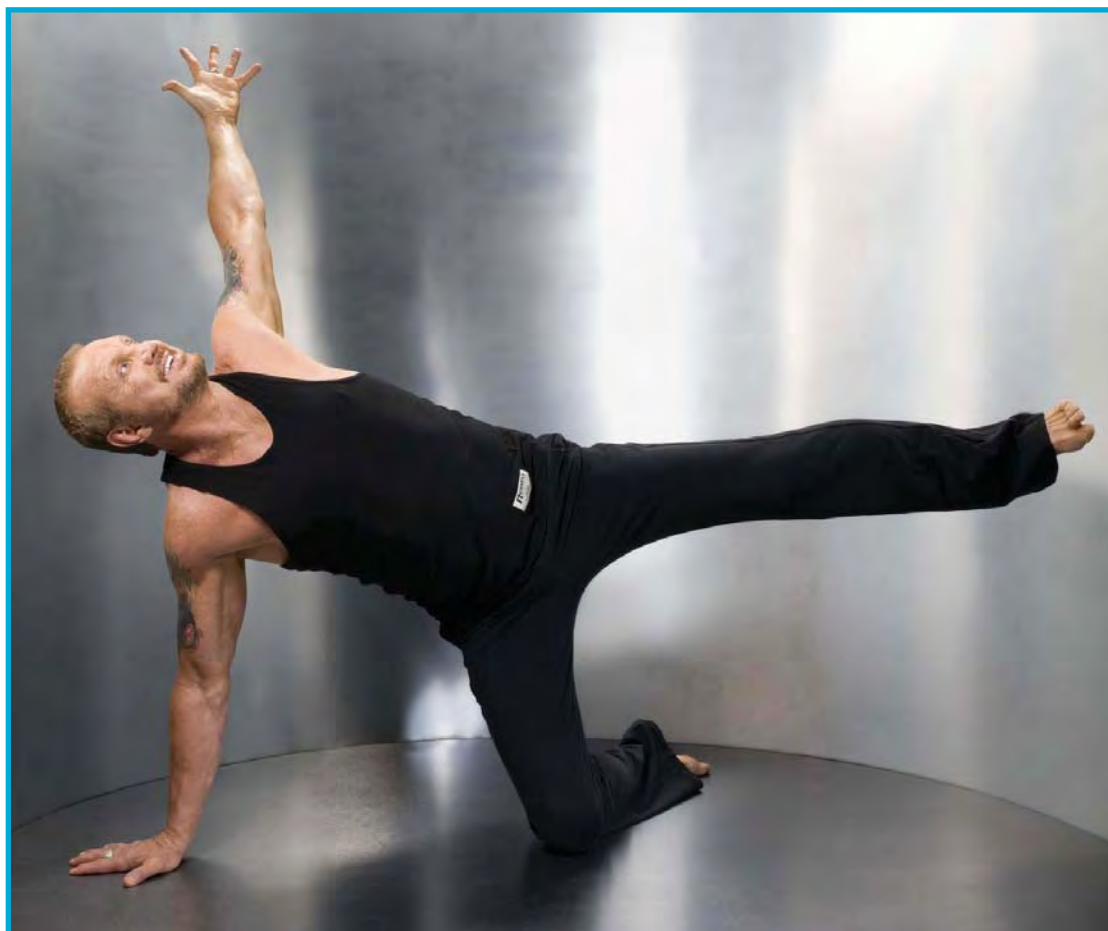
# GETTING STARTED

So, what are you waiting for???? DDPYOGA is yours for the taking. You have never been more ready to start this program than you are right now. TODAY! Don't wait until tomorrow. DO IT NOW!!! Take that first DVD, DDPYOGA Diamond Dozen, and pop it into the player and begin the physical and mental transformation you've been dreaming about. TODAY IS BRAND NEW! That's my theme song, and I want you to make it your motto.

Take a look at the DDPYOGA 13-Week Workout Grid with Beginner, Intermediate, and Advanced levels depending upon your starting point. DDPYOGA is your workout, and I am here for you every single step of the way. Commit to making it part of your lifestyle. YOU CAN DO IT!!!!

Make sure to take a look at the Nutrition Guide and learn how to complement your fitness routine with a simple, easy to follow weight loss plan to maximize your results. And don't forget to weigh and measure yourself so you can track your results. You won't believe how quickly you will see progress!!!

Nothing gives me more satisfaction than seeing your results. Make sure to join Team DDPYOGA by going to [TeamDDPYOGA.com](http://TeamDDPYOGA.com). This is a must!!!! Send me your questions! Send me your photos! Share your results with other members of DDPYOGA! You are now a member of an exclusive club, filled with other regular people who have found the secret to health and fitness. Congrats! We are jacked to have you on the team. Good luck and I can't wait to hear from you. Now let's get ready to SWEAT!!!!!!



beginner	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY	DIAMOND DOZEN	ENERGY!	ENERGY!	ENERGY!	ENERGY!	FAT BURNER
TUESDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
WEDNESDAY	DIAMOND DOZEN ENERGY!	ENERGY!	DIAMOND DOZEN ENERGY!	ENERGY!	ENERGY!	ENERGY!
THURSDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
FRIDAY	ENERGY!	ENERGY!	FAT BURNER	FAT BURNER	DIAMOND DOZEN FAT BURNER	FAT BURNER
SATURDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER
SUNDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	

intermediate	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY	DIAMOND DOZEN	FAT BURNER	ENERGY!	ENERGY!	FAT BURNER	ENERGY! RED HOT CORE
TUESDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
WEDNESDAY	ENERGY!	ENERGY!	FAT BURNER	DIAMOND DOZEN FAT BURNER	DIAMOND DOZEN FAT BURNER	BELOW THE BELT
THURSDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
FRIDAY	ENERGY!	FAT BURNER	FAT BURNER	BELOW THE BELT	BELOW THE BELT	DIAMOND CUTTER
SATURDAY	DAY OFF	DAY OFF	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER
SUNDAY	DAY OFF	DAY OFF	DAY OFF		DAY OFF	

advanced	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY	DIAMOND DOZEN ENERGY!	ENERGY! RED HOT CORE	FAT BURNER	DIAMOND DOZEN BELOW THE BELT	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE
TUESDAY	FAT BURNER	FAT BURNER	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE	FAT BURNER	BELOW THE BELT
WEDNESDAY	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
THURSDAY	ENERGY!	ENERGY!	BELOW THE BELT	ENERGY! RED HOT CORE	BELOW THE BELT RED HOT CORE	BELOW THE BELT or *STAND UP! RED HOT CORE
FRIDAY	FAT BURNER	BELOW THE BELT	FAT BURNER RED HOT CORE	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER
SATURDAY	DAY OFF	DAY OFF	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	DAY OFF	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	DAY OFF
SUNDAY	DAY OFF	DAY OFF		DAY OFF		DAY OFF

week 7	week 8	week 9	week 10	week 11	week 12	week 13
FAT BURNER	ENERGY!	FAT BURNER	BELOW THE BELT	BELOW THE BELT	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE
DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
RED HOT CORE	FAT BURNER RED HOT CORE	BELOW THE BELT	FAT BURNER	ENERGY!	FAT BURNER RED HOT CORE	BELOW THE BELT RED HOT CORE
DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
FAT BURNER	BELOW THE BELT	ENERGY! RED HOT CORE	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE	BELOW THE BELT	DIAMOND CUTTER
DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER
DAY OFF		DAY OFF				

week 7	week 8	week 9	week 10	week 11	week 12	week 13
FAT BURNER	BELOW THE BELT	ENERGY! RED HOT CORE	FAT BURNER	BELOW THE BELT or *STAND UP! RED HOT CORE	BELOW THE BELT	FAT BURNER RED HOT CORE
BELOW THE BELT RED HOT CORE	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE	BELOW THE BELT RED HOT CORE	FAT BURNER *STRENGTH BUILDER	ENERGY! or FAT BURNER RED HOT CORE	BELOW THE BELT or *STRENGTH BUILDER
DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF	DAY OFF
RED HOT CORE	RED HOT CORE	BELOW THE BELT	BELOW THE BELT or *STAND UP! RED HOT CORE	ENERGY! or *STRENGTH BUILDER RED HOT CORE	BELOW THE BELT or *STAND UP! RED HOT CORE	BELOW THE BELT RED HOT CORE
DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER or *DBL BLACK DIAMOND
DAY OFF	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER	OPTIONAL SAT or SUN ENERGY! or FAT BURNER
DAY OFF						

week 7	week 8	week 9	week 10	week 11	week 12	week 13
ENERGY! or *STRENGTH BUILDER RED HOT CORE	FAT BURNER or *STAND UP! RED HOT CORE	BELOW THE BELT RED HOT CORE	FAT BURNER or *STRENGTH BUILDER RED HOT CORE	BELOW THE BELT or *STAND UP! RED HOT CORE	ENERGY! RED HOT CORE	FAT BURNER RED HOT CORE
BELOW THE BELT	FAT BURNER or *STRENGTH BUILDER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER or *DBL BLACK DIAMOND	DIAMOND CUTTER or *DBL BLACK DIAMOND
DAY OFF	DAY OFF	DAY OFF	RED HOT CORE	RED HOT CORE	RED HOT CORE	RED HOT CORE
FAT BURNER or *STAND UP! RED HOT CORE	BELOW THE BELT or *STAND UP! RED HOT CORE	BELOW THE BELT or *STRENGTH BUILDER RED HOT CORE	BELOW THE BELT or *STAND UP!	BELOW THE BELT or *STRENGTH BUILDER	BELOW THE BELT or *STAND UP!	BELOW THE BELT or *STRENGTH BUILDER
DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER	DIAMOND CUTTER or *DBL BLACK DIAMOND	DIAMOND CUTTER or *DBL BLACK DIAMOND	DIAMOND CUTTER or *DBL BLACK DIAMOND	DIAMOND CUTTER or *DBL BLACK DIAMOND
OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT	OPTIONAL SAT or SUN ENERGY! FAT BURNER or BELOW THE BELT

# DDPYOGA NUTRITION GUIDE INTRODUCTION

Before you begin to read anything, you need to understand that what is written here is not a diet. Diets will fail you over and over again. Changing your habits and adopting a new lifestyle will last forever. Not only will the DDPYOGA Fitness System change your life, it may well save your life. So before reading on, you need to ask yourself, "What do you really want?"

Weight loss is a billion dollar industry. Say it with a "B"... billion. Company after company is trying to figure out how to make big bucks off your excess weight and profit off your need to lose it. They offer gimmicks, quick fixes, false information, and prepared food products not suitable for your dog. Seriously, most of that crap I wouldn't feed to my dog, a pig, or my cat.

There is no mystery behind good nutrition. You know what you should be eating. If I put a fried chicken finger or a grilled organic chicken breast in front of you, it doesn't take a brain surgeon to figure out which is the better choice. If you could decide between a greasy cheeseburger with fries or a steak with broccoli, you know which one is the better choice... right? Making the right decision all comes down to one question...

## WHAT DO YOU WANT????????

How much do you want to weigh? What do you want to eat? What level of muscle tone do you want? What kind of self-confidence do you want? These decisions are not made for you. YOU get to decide what you eat, how much you weigh, how fit you want to look and how great you feel about yourself. You control the way you react, adapt, breathe and take action. Oh yeah, you also control what you put into your mouth.

Many of you will read this and think, "Dallas is certifiably crazy! I've tried my whole life to lose weight and have never been able to do it." While I AM certifiable for other reasons, on this subject I am not crazy! I want you to know you are in absolute control of your body. I've seen the results people get with the DDPYOGA Fitness System and all I need is commitment from you so you can OWN YOUR LIFE!!!

When it comes to nutrition and fitness, every choice you make has a consequence... for every action, a reaction. You have to make some realistic goals for yourself based upon how much you are willing to change your lifestyle. You set the goal... and I will help you achieve it. It really is that simple. The only catch here is that you can't have unrealistic expectations about what you will need to adjust to get there!

## SETTING GOALS

One of the most important things I learned in my wrestling career is to set clear and realistic goals. When it comes to ANYTHING you want in life, including fitness and nutrition, I believe you must set specific goals for yourself and then be single-minded in your focus, each and every day. These goals may vary from wanting to tone up and gain energy to transforming your body to a completely unrecognizable physical specimen of health and fitness! Any body transformation is achievable, but you must be willing to put in the effort to get there. If you want the extreme transformation, you must be willing to sacrifice to reap the rewards. How much are you willing to commit to DDPYOGA? Only you can make a realistic goal for yourself.

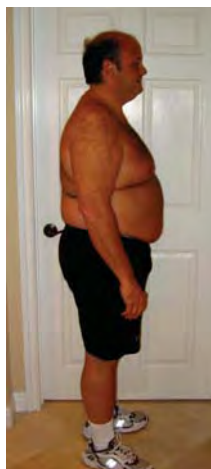
## WRITE IT DOWN!

Don't just think it, INK IT! Once you make your goal... write it down! I can't stress the importance of seeing your goals each and everyday. You must know where you are going if you ever want to get there! Write down those goals and tape them to the bathroom mirror, to your computer monitor, to your refrigerator... anywhere you can remind yourself to stay focused. Remember, this is the DDPYOGA Fitness System, a combination of life-changing workouts and nutrition... and you can only build your momentum by working the program, committing to the exercise and food plan, and making it a permanent part of your life.

Just think SMACK!. Make goals for yourself that are Specific and Measurable. Go to the back pages of this guide and write down your weight and measurements. Start off slowly and set realistic, Achievable goals. This will help to build your confidence as you achieve milestones along the way. Then make sure your goal is Compatible to your lifestyle. Maybe you decide to do three DDPYOGA workouts a week. If that is your goal, make it your ritual. And once you do all that, Keeep it going!

## **S-M-A-C-K!**

**You need to OWN YOUR LIFE! Do it! DDPYOGA is not a diet or a fad. It's a life-changing habit. Do it today... not tomorrow.**



Smokey before: 270 lbs.



Smokey after: 197 lbs.

Take my friend, Smokey. Smokey had lived an unhealthy lifestyle for years and after neglecting his health and nutrition, it had caught up with him to the tune of being severely overweight. Many times I tried to motivate him to take control, but he wasn't interested. After I developed DDPYOGA, I completely rebuilt my aching body. He watched me achieve this amazing transformation – remember I could barely walk after injuring myself in the ring from the constant pounding.

When Smokey saw these incredible results he took notice and wanted that change for himself. He looked at me one day and said, "I think I want to try DDPYOGA."

"Try it? You have to OWN IT. You have to DO IT. You have to take it to the next level," I told him. It was like a light-switch flipped and he was on board.

Who knows what it takes to make someone flip the switch. For Smokey, it was seeing my transformation and realizing what control we have over our bodies. He told me he wanted to lose 50 pounds in a year. "Great," I said. "That's 4 pounds per month." I knew he could do it. More importantly, he DECIDED he could do it (and cut off all other possibilities!!). Smokey started doing his DDPYOGA workouts three times per week. He changed his eating habits and got rid of the junk food he was used to eating. Lo and behold... he took on the DDPYOGA Fitness System and ramped it up to a place he had never dreamed it could be. He lost 73 pounds in seven months! He lost the fat that could have sent him to the grave. Plus, he built strength and gained flexibility. He's one of my first success stories of personal transformation with DDPYOGA.

Were his results magical? A miracle? Hell no! His transformation was a direct result of the amount of effort he put into it. Sorry, DDPYOGA has no magic pills, no miracle diets or electrical contraptions to strap on and do the exercise for you... that's not what DDPYOGA is about. DDPYOGA is about committing to an achievable lifestyle for the rest of your life.

When I designed DDPYOGA Nutrition, I knew one program would not fit the needs of all different people. DDPYOGA includes

people who have spent most of their lives eating junk food and avoiding exercise. They are really looking for a starting point to reverse bad lifestyle choices that have caught up with them over the years. I have others who have worked consistently to stay fit, and maybe not had the level of success they want. And then I have super athletes and fitness buffs who are looking for ways to get an extra layer of chisel in their six-pack of abs.

## DDPYOGA FITNESS = DDPYOGA WORKOUTS + DDPYOGA NUTRITION

Just like we have varying levels of DDPYOGA Workouts, we also have varying levels for DDPYOGA Nutrition. The beauty of DDPYOGA Nutrition is that it addresses the needs of all levels by letting you choose the intensity and commitment that suits your goals and commitment. The entry level is for those just getting started who want to get rid of bad habits and learn to live a healthier lifestyle that can last a lifetime. The next level of intensity steps up your commitment to reach your goal. And the highest level of intensity is for those who want to make nutrition and fitness one of the highest priorities of their lives.

Check out each of these levels so you can decide which is best for you. As time goes by, you may upgrade to a higher level. The choice is yours.

## DDPYOGA PHASE ONE

DDPYOGA Phase One is for anyone interested in a healthy, reasonable nutrition program to drop a couple of sizes, shape up and tone, and improve your energy. Don't be fooled, for most people this will be a major change. Embrace it! These guidelines are going to change your life, extend your longevity, improve your health, and make you feel better than ever!!!! If you've always struggled with your weight, this is the place for you to start. I'll help you re-program your metabolism, with real food, to burn off your stored fat and give you a constant source of energy.

In Phase One you're going to get off the processed foods, fried foods, junk foods, and sweets. You will also get rid of white flour and sugar. If you have a problem with that, again, ask yourself, "What do I want?" You won't believe how much better you will feel when you detox from these processed foods! Then you'll enjoy real fruit, vegetables, whole grains and complex carbohydrates, heart-healthy fats, lean meat, poultry, seafood, and more. You'll have plenty to eat, with an allowance for treats, here and there, to keep you from falling off the program. Remember, we are talking about changing your eating habits here, not some horrible deprivation diet.

## DDPYOGA PHASE TWO

Phase Two is for those who want to see incredible results and are willing to make a greater commitment to achieve their weight loss goals. If you are targeting your "high school weight" or "wedding weight" or any transformational benchmark – this is the level for you. You'll give up a little more, but you'll get WAY more in return.

In the DDPYOGA Phase Two you'll make an even stronger commitment to real foods in their natural state. We start with the principles of Phase One and walk up the ladder by also eliminating all wheat and dairy. Most people are completely unaware of the food intolerances they have to, wheat, flour, gluten, and dairy!

## DAIRY INTOLERANCE

Let's start with dairy. Would it surprise you to know that up to 75% of the population has some intolerance to lactose from dairy? Clinical studies from Johns Hopkins University date back 40 years on the subject. Cow's milk is meant for baby cows! This intolerance to dairy gets worse as we age. You may not realize your bloating, nausea, gas, or constipation could be from an intolerance to dairy! For many of us, the intolerance comes from the over-processing of these milk products. Either way, you won't believe how much better you will feel and how much weight you will lose when you give it up.

## WHEAT (OR GLUTEN) INTOLERANCE

Historians of early mankind indicate humans ate only what we could hunt and gather: fruit, vegetables, meat and fish. Experts on gluten intolerance believe our digestive systems were not ever meant to eat grain and that they have not developed enough to breakdown the complex part of the grain. Besides wheat, gluten is found in barley, kamut, oats, rye, and spelt. Again, gluten intolerance can cause lack of energy, gas, bloating, constipation, and a host of other digestive issues. **Gluten = glue that sticks fat to your body.** These grains will be eliminated in Phase Two. No worries – there are so many other good foods to eat! When you eliminate gluten you will feel so much better! Your digestion will improve and you'll drop those extra pounds. With DDPYOGA Phase Two, I'll teach you how to create delicious, satisfying meals and snacks to fuel your body with energy and slim you down to your goal.... and keep you there for life! Between Whole Foods, Trader Joe's and your local health food store, there are so many gluten free choices today! Don't be fooled! Just because it says gluten free that doesn't mean it's good for you. Read the label! You can find a number of great choices that are wheat, flour, dairy and gluten free at TeamDDPYOGA.com.

# DDPYOGA PHASE THREE

Phase Three is for athletes, health and fitness fanatics, and all those who are in need of a serious intervention in order to take back their lives and achieve phenomenal results in the shortest period of time. Arthur, who you read about in the Fitness Guide, lost 140 pounds in less than a year using this plan. Dylan lost 100 pounds in 10 months. DDPYOGA Phase Three is for anyone who wants to make health and fitness the #1 priority in his or her life. When you see a perfect physical specimen and think, "There's no way I could ever lose that much weight or look like that," you're wrong!!! It's up to you! If you have rock solid will power, are willing to commit to the science of weight loss, and won't let anything stand in the way of your goals, you belong in DDPYOGA Phase Three. This is where I live each and everyday. It's my life. It's my lifestyle. For me it's not hard... it's incredible! I know my body is as fit on the inside as it is on the outside and I wouldn't have it any other way.

Walk up the DDPYOGA ladder with me... In Phase One we get rid of processed foods, including white flour and sugar. In Phase Two we also eliminate flour, dairy, gluten and wheat. In Phase Three we go completely organic (whenever possible), plus we add food combining. Now we are at the top of the ladder!!! Just wait until you see and feel the results!!

## ORGANIC

In Phase Three we go organic! Most main-stream grocery stores have now realized the demand for organic foods is on the rise... we must have a clean food supply! Buy the best quality food you can afford. Chicken that's been pumped with antibiotics, hormones and salt water, may be less expensive, but at what cost???? I don't want that crap in my body! How about our produce? Most of the soil in the fields is so depleted of nutrients from the onslaught of pesticides, it's robbed the nutrition from our produce. Find a Farmer's Market near you. Buy locally and organic whenever possible. You'll also help the green movement when you buy locally because you won't be paying for trucking costs to the grocery store. Bottom line, you'll get the freshest, cleanest, produce available, with the best taste!

## FOOD COMBINING

The theory behind food combining is that proteins and carbohydrates digest at different rates. By eating foods in certain combinations, we can assist our digestive system and get it working at its peak performance! This not only enhances how we feel by unclogging our system, but it helps us to lose weight quickly and efficiently.

In food combining, we begin our meals by eating lots of low starch vegetables. This gets the digestive system moving with all

that good fiber! Next we eat our complex carbohydrates, like a sweet potato or brown rice. Then we chow the protein and healthy fats! By eating in this combination, we get the digestion moving at optimum. And don't forget about the fruit! Fruit is best eaten on an empty stomach – great for breakfast or a mid-morning snack so you have time to burn off all the natural sugar found in fruit.

## ORGANIC JUICING

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In Phase Three I will also introduce you to the way I begin each and every day – with organic juicing. What 'til you experience the rush from live enzymes and anti-oxidant rich fruits and vegetables in their most powerful state! You'll never reach for a cup of coffee again.

Regardless of the level you select, you will learn how science and nutrition combine to turn your body into a machine that uses your own fat as an energy source. Imagine your body is a car, but instead of adding fuel in the form of processed foods and refined carbohydrates, you are using your own fat reserves as an energy source! This constant source of energy keeps you feeling great all day long, without the dips you get from eating processed food.

# GETTING STARTED

## PANTRY RAID

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I saw a guy today in the drugstore, really heavy dude, and he was standing in front of the Nutri-Grain Bars laboring over which ones to buy. He also had a bag of sugar-free candy in his hand. I knew he was trying to eat healthy. I knew he meant well. I wanted to grab him (and every other man, woman and child in the country) and let him know these kinds of packaged foods are not going to help you achieve the permanent weight loss you so desperately want. Sugary "health" bars are just like candy bars, filled with refined sugars, refined flours and a bunch of other CRAP. There is no nutritional value in these products. They will not help you lose weight! If you are looking at a "Strawberry Snack Bar – with real fruit filling!" you are being sold a lie. Go buy some strawberries! That's the only thing that is real. Okay, enough on my rant about snack bars – now I'm going to tell you how I feel about ALL processed food.

To adopt DDPYOGA Nutrition the first thing we need to do is clean out that pantry. When I was a kid I got expelled from Catholic School for flashing a girl in my jock strap. I guess that was my version of a Panty Raid. Well, to begin this new lifestyle, we need a Pantry Raid. You may be surprised at how empty your pantry will be when we are done. Don't freak out... but we are getting rid of all processed foods. Yes, all of them! That means no cookies, no crackers, no chips, no snack bars. It all has to go. If you think you are eating "healthy" crackers or chips because they say "natural" or "low fat" on the label, you are cracked. You may as well EAT THE BOX since you get about the same level of nutrition from eating cardboard. Pack them up and give them away to a shelter. Now don't panic, there are many alternatives, such as gluten-free crackers, cookies, and brownies that are to die for. We use these as treats, only in moderation, if you really want to hit your goals.

What remains in the pantry and refrigerator? Think about single ingredient foods – foods in their most natural state. Most of these foods will be found around the perimeter of the grocery store – in the produce section, refrigerated section with eggs and dairy, plus the meat and seafood department. Rarely do you need to walk down one of the aisles. That's where all the packaged junk is found.

**LET'S DO IT!**



# NUTS AND PEANUT BUTTER

Let's use nuts as an example of walking up the ladder from what is off the DDPYOGA list, to what makes the list on Phase One, Phase Two, and Phase Three. On any of the levels, nuts get to stay in your pantry. Nuts have a combination of protein, healthy fats, and carbohydrates. They are a great snack in moderation (i.e., one ounce of almonds is about 170 calories – if you eat a 10 oz. package you've just downed 1700 calories! Pay attention to suggested portion size.)

Now you need to choose the best nuts possible! Become a label reader... if your nuts also have added oils, or hickory smoke flavoring, they are no longer a single ingredient food. The cleaner the ingredient list, the better. If they're toasted, roasted, or glazed... they're dead.

## NUTS - WITH HYDROGENATED OILS OR ARTIFICIAL FLAVORS - OFF THE LIST

DDPYOGA PHASE ONE	DDPYOGA PHASE TWO	DDPYOGA PHASE THREE
Nuts – plain roasted nuts with salt	Raw nuts – Roasting nuts cooks out much of the nutrition. The raw nut is a much healthier “alive” food and gives your body a great source of natural protein, healthy fats, and carbohydrates you need for fuel. Best to buy them without salt. If you want salt, add Celtic Sea Salt at home.	Raw Organic Nuts – We step it up here by adding the organic element (if you can afford it). Again, add Celtic Sea Salt at home, if you like 'em salty.

## PEANUT BUTTER - WITH HIGH FRUCTOSE CORN SYRUP AND ADDED OILS - OFF THE LIST

DDPYOGA PHASE ONE	DDPYOGA PHASE TWO	DDPYOGA PHASE THREE
Peanut butter with only peanuts and salt (Peanut butters don't spread as easily without the high fructose corn syrup. In natural peanut butters, the oil will separate at the top of the peanut butter. Stir it all together and then refrigerate for easier spreading.)	Freshly ground peanut butter from the health food or grocery store with only raw, ground nuts. You may add some Celtic Sea Salt at home.	Freshly ground raw, organic peanut butter from the health food store with only raw, organic nuts. You may add some Celtic Sea Salt at home.

Now you begin to see how we clean out those cupboards! If you have those mainstream peanut butters we all grew up on, time to change brands and change your palate. Why are we accustomed to peanut butter with high fructose corn syrup? Because that's what Mom gave us! Then we grow up, and buy the same brand and feed it to our kids. How are we to know any different? Our biggest choice has always been, “Smooth or Chunky”. We repeat the patterns of how we were raised. Time now for a change.

# DDPYOGA DON'T LIST

When it comes to bad eating habits, I like to remind my members of Team DDPYOGA, "It's not your fault!" Most of us were raised with bad habits – and not because our parents didn't love us or want the best for us... they just weren't educated on how to feed us nutritious food. Think about your early birthday parties. We were programmed from a young age that the most exciting thing we can do on our very special day is eat as much cake, ice cream, and candy as we want! If gorging on sweets is the ultimate in fun, we come to accept that as a pattern. We come to believe that having a really good time includes eating lots of crappy food. I get how we all got here, but now we have to undo those bad habits. DDPYOGA Fitness System to the rescue!

Bottom line, I don't eat anything that doesn't taste good. People think if you're losing weight the food has to taste bad... not with DDPYOGA! All the foods taste great.

Once you have lost the weight, you can bring back some of these foods in moderation. Until that time, "What do you WANT?" If you want to have these things every now and then while you are losing weight, you are going to slow your progress. It doesn't mean you can never have another glass of wine, but you might save it for a special occasion while you are trying to shake those bad habits. In fact, alcohol should always be treated with moderation. The worse offenders are foo-foo drinks like margaritas and daquiris with sugary mixers or drinks made with cream. If you are going to blow it on alcohol, stay away from these offenders. A glass of wine, a light beer, a vodka with soda water or a chilled shot of good tequila are some less fattening options. It's always best to eliminate all alcohol while you're trying to lose weight, but if you're going to stray, these are better choices.

## DDPYOGA DON'T LIST - ALL LEVELS

Alcohol - (I know it sucks... but... what do you want?)  
Artificial Sweeteners – (Sucralose, Aspartame, Saccharin, etc.)  
Fried Foods  
Hydrogenated Oils - (trans fats)  
Soda – regular or diet  
Sugar – (white, brown, honey, corn syrup, etc.)  
White Flour – (bread, pasta, crackers, etc.)  
White Rice

## DDPYOGA DON'T LIST - PHASE TWO AND THREE

Gluten  
Dairy

# DDPYOGA REAL FOOD LIST

## FRUIT

One serving of fruit is generally considered one piece of fruit (one apple, one orange, etc.) or the equivalent of 1 cup of fruit. If you are eating smaller fruit, such as tangerines, consider how many would make a cup – perhaps two or three, depending upon the size. The same goes for larger fruit, like grapefruit or papaya – consider how much would make a cup – perhaps one or one-half. You do not have to be exact – use your judgment. Let's be honest – eating fruit is not the greatest concern when it comes to weight loss! While an overload will supply too much natural sugar, at least you get all that great fiber. I have sub-divided the fruits into Acid, Sub-Acid, Sweet, and Melons. Each category of fruit should be eaten separately for best results. These categories take into consideration the amount of sugars in these fruits. Acid Fruits have the least amount of sugar – so if you need extra food, Acid Fruits are the best choice! Sweet Fruits have smaller portions because of the high sugar content. The same goes for Melon... it's best not to mix Melon with any other fruit or food. When you eat fruit, allow 15-30 minutes before the next food to optimize digestion and help you lose the weight. All fruit should be eaten before noon. I recommend fruit for breakfast and/or a mid-morning snack so you have time to burn all that great natural energy.

## VEGETABLES

At every meal, you may have as many vegetables as you like. Fiber is key! If you ever find yourself hungry, grab extra vegetables. Celery, carrot sticks, broccoli and peppers make great snack foods. Plus, lots of greens! And don't forget to try the amazing soups in the recipe section. Remember, you may have unlimited quantities of all the vegetables on the list.

## COMPLEX CARBOHYDRATES

1 cup is the serving size for complex carbohydrates. Consider one medium size potato or sweet potato, or one cup of wild rice, one cup beans, one cup whole grain cereal, or one slice of whole grain bread.

## PROTEIN

4-6 ounces is considered one serving of protein. This is about the size of your palm. If you are feeling really hungry (especially when you first begin the program) add 2 ounces to your protein intake (6-8 ounces). For eggs, a serving is 2-3 eggs. For seafood, such as crab, lobster and scallops, the serving size is 3 ounces, due to the high fat content in these foods.

## HEALTHY FATS

About 1 tablespoon equals a serving of healthy fats. (Or ¼ of an avocado, as noted.)

# PORTION SIZES

## FRUITS

### Acid Fruits

Blackberries – 1 cup  
 Grapefruit – 1  
 Lemon – unlimited  
 Lime – unlimited  
 Oranges – 1  
 Pineapple – 1 cup  
 Raspberries – 1 cup  
 Sour Apples – 1  
 Strawberries – 1 cup  
 Tangerines – 2  
 Tangelos – 1-2  
 Juice of above fruits  
 Freshly squeezed only – 4 oz.

### Sub-Acid Fruits

Apples - 1  
 Apricots – 2  
 Blueberries – 1 cup  
 Cherries – 1 cup  
 Figs (fresh)- 3  
 Grapes – 1 cup  
 Guava – 1  
 Kiwi - 2  
 Mangoes – 1  
 Nectarines - 1  
 Papaya – 1/2  
 Peaches - 1  
 Pears - 1  
 Persimmon - 1  
 Plums – 2  
 Pomegranate – 1/2

### Sweet Fruits

Banana – 1/2  
 Dates - 1  
 Dried Fruit  
 (raisins, etc.)– 1/8 cup  
 Melon  
 Cantaloupe – 1 cup  
 Casaba – 1 cup  
 Honeydew – 1 cup  
 Watermelon – 1 cup

## VEGETABLES - UNLIMITED SERVINGS

Alfalfa Sprouts  
 Artichoke  
 Asparagus  
 Beets  
 Bok Choy  
 Broccoli  
 Brussel Sprouts  
 Cauliflower  
 Celery  
 Collard Greens  
 Crookneck Squash  
 Cucumber  
 Eggplant  
 Fennel  
 Garlic  
 Ginger  
 Green Beans  
 Herbs (all varieties)  
 Jicama

Kale  
 Leeks  
 Lettuce (all varieties)  
 Arugula  
 Beet Greens  
 Bibb  
 Cabbage  
 Dandelion  
 Escarole  
 Endive  
 Frisee  
 Iceberg - least nutritious  
 Limestone  
 Mustard Greens  
 Red Oak  
 Radicchio  
 Romaine  
 Spinach  
 Swiss Chard... and more

Mushrooms  
 Okra  
 Onion (all varieties)  
 Peppers  
 Radish  
 Snow Peas  
 Sugar Snap Peas  
 Tomato  
 Turnip  
 Yellow Beans  
 Zucchini

## PROTEIN - WITH SERVING SIZE

Eggs - 2-3	Trout	Seafood
Fish - 4-6 oz.	Tuna	Clams – 4 oz.
Bass	Whitefish	Crab – 3 oz.
Cod	Yellow tail... and more	Lobster – 3 oz.
Flounder	Poultry – 4-6 oz.	Mussels – 4 oz.
Grouper	Chicken (light and dark meat)	Oysters – 4 oz.
Halibut	Duck	Scallops – 3 oz.
Mahi-Mahi	Turkey (light and dark meat)	Shrimp – 3 oz.
Orange Roughy	Meat – 4-6 oz.	Tofu – 4-6 oz.
Red Snapper	Buffalo	Whey Protein – 1/3 cup
Salmon	Beef (lean cuts)	
Sea Bass	Lamb (lean cuts)	
Sole	Pork (lean cuts)	
Swordfish		

## COMPLEX CARBOHYDRATES - WITH SERVING SIZE

Beans (all varieties) – 1 cup	Sweet Potato – 1 medium	Kamut (Phase One only)
Brown Rice – 1 cup	Wild Rice – 1 cup	Millet (Phase One Only)
Butternut Squash – 1 cup	Whole Grains (includes bread – 1 slice, cereal – 1 cup, pasta – 1 cup made from 100% whole grain)	Oatmeal - Steel cut oats are best (Phase One only)
Edamame – 1 cup	Amaranth (Phase One Only)	Rye (Phase One only)
Nuts – about 20	Barley (Phase One only)	Spelt (Phase One only)
Nut Butters (like peanut or almond butter) – 3 tablespoons	Bran (Phase One Only)	Wheat (Phase One only)
Potato – 1 medium	Buckwheat (Phase One Only)	Yams – 1 medium (Phase One Only)
Quinoa – 1 cup	Gram flour (derived from chick peas) (Phase One Only)	
Rice Milk – 8 ounces		
Soy Milk (Phase One only) – 8 ounces		

## HEALTHY FATS - WITH SERVING SIZE

Avocado – 1/4	Oil – 2 tablespoons	Grape seed Oil
Mayonnaise – 1 tablespoon (or vegan mayo substitute)	Canola Oil	Olive Oil

## DAIRY - PHASE ONE ONLY - WITH SERVING SIZE

Butter – 1 tablespoon	Milk (non-fat) – 8 ounces	(Phase Two and Three may enjoy goat or sheep milk products such as feta cheese, goat's milk, and a variety of cheeses made from these milks.)
Cheese (all varieties, except processed cheese, such as American) – 1 ounce	Sour Cream – 1 tablespoon	
Cottage Cheese (non-fat) – 1 cup	Yogurt (non-fat, plain) – 1 cup	

## SEASONINGS – UNLIMITED, EXCEPT WHERE NOTED

Celtic Sea Salt (the only kind you should use!)	Natural Sweeteners: Agave Erythritol Suconat Xylitol	Soy Sauce (low sodium) (Phase One Only) Tamari (Substitute Soy) (Phase Two & Three) Spices (all varieties, except MSG) Vinegar (all varieties – raw organic apple cider is best)
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## EGGS

Eggs are a perfect source of protein. I eat a lot of eggs – pretty much everyday. You'll find many different kinds at the market. Buy the best you can afford. It makes a difference!

WORST	POOR	BETTER	EVEN BETTER	BEST
Fake eggs in a pourable carton	Cheap white eggs (from chickens who can't move all day)	Cage-Free Brown or White	Omega 3 Vegetarian Feed with Flax Seed Brown Eggs	Organic Vegan Fed

# DDPYOGA MEAL PLANS

For each meal, select from the approved food lists above in the amounts indicated per serving. Now you simply take these real foods and enjoy them the way our grandparents did! Real foods, made from real ingredients, without processing or adding fillers, chemicals and preservatives.

First thing in the morning I start with fruit. We want to eat our fruit early in the day so we have time to use up the energy we get from the natural sugar. After the fruit, we have some combination of complex carbohydrate, and/or protein (this depends upon which phase you select... we add dairy for Phase One and select carbohydrate or protein in Phase Three), a limited amount of healthy fats, and as many vegetables as you want. Now you can get creative and make all sorts of different meals!

Mid-morning, you'll have a little snack, if you need it, to keep you going until lunch. Again, mid-afternoon, you'll have a little snack to keep you from diving into the vending machines. Skipping those snacks will result in faster results... WHAT DO YOU WANT?

Lunches and dinner consist of as many vegetables as you want, plus a selection of complex carbohydrate, protein, and healthy fats. (Again, we add dairy for Phase One, and select carbohydrates or protein in Phase Three.) See, no gimmicks! This is just real food, prepared in a healthy, natural way. It tastes great. It provides you with all the nutrition and natural energy your body needs. It's good for you. And you won't believe how the pounds will shed!

**With DDPYOGA Nutrition, every meal provides your body with the high octane fuel it needs to perform at its peak.** Good quality food is what your body needs and craves. When you give your body cheap, processed food, it constantly calls for more because it's not getting the nutrients it needs to run! It sends hunger signals for nutrition! If you keep feeding it crap, it will keep calling for real food. DDPYOGA will help you break the cycle of eating junk food over and over again to feed your hunger. Plus, processed foods make you feel sluggish. Good quality food satisfies your appetite and gives you energy because your body has what it needs to thrive.

Everyday your body needs protein, healthy fats, complex carbohydrates and plenty of vegetables. Protein gives you the amino acids you need as the building blocks for brain function, to build lean muscle, to make you feel full, and as a slow burning source

of steady energy. You need complex carbohydrates for fiber (essential for digestion) and a steady source of energy that will not spike your insulin levels (simple carbohydrates, such as sugar and white flour, cause those sugar peaks and valleys that pour on the pounds). In addition, you need a moderate amount of healthy fats with essential Omega 3 and Omega 6 fatty acids. And lastly, we need lots of fruits and vegetables for powerful anti-oxidants and essential fiber to make the whole body work properly. Your system will smoke when it starts to feel the benefits of real food! You'll be slimmer, more energetic, less hungry, and way healthier!!!

## DDPYOGA PHASE ONE

BREAKFAST	MID-MORNING SNACK (1)	MID-AFTERNOON SNACK (1)	LUNCH OR DINNER
FRUIT: 1 serving VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving DAIRY: 1 serving HEALTHY FATS: 1 serving	FRUIT: 1 serving OR PROTEIN: ½ serving OR DAIRY: 1 serving Plus, unlimited VEGETABLES	PROTEIN: ½ serving OR DAIRY: 1 serving Plus, unlimited VEGETABLES	VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving DAIRY: 1 serving HEALTHY FATS: 1 serving

## DDPYOGA PHASE TWO

BREAKFAST	MID-MORNING SNACK (1)	MID-AFTERNOON SNACK (1)	LUNCH OR DINNER
FRUIT: 1 serving VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving HEALTHY FATS: 1 serving	FRUIT: 1 serving OR PROTEIN: ½ serving Plus, unlimited VEGETABLES	PROTEIN: ½ serving Plus, unlimited VEGETABLES	VEGETABLES: unlimited COMPLEX CARBS: 1 serving PROTEIN: 1 serving HEALTHY FATS: 1 serving

## DDPYOGA PHASE THREE

BREAKFAST	MID-MORNING SNACK (1)	MID-AFTERNOON SNACK (1)	LUNCH OR DINNER
FRUIT: 1 serving Wait 15-30 minutes. VEGETABLES: unlimited COMPLEX CARBS: 1 serving OR PROTEIN: 1 serving HEALTHY FATS: 1 serving	FRUIT: 1 serving OR PROTEIN: ½ serving Plus, unlimited VEGETABLES	PROTEIN: ½ serving Plus, unlimited VEGETABLES	VEGETABLES: unlimited COMPLEX CARBS: 1 serving OR PROTEIN: 1 serving HEALTHY FATS: 1 serving

With the added food combining in DDPYOGA Phase Three, these must be eaten in the order shown. (While I have listed a Complex Carbohydrate and a Protein at each meal, for fastest weight loss, select either a Complex Carbohydrate OR Protein at each meal. Best scenario, select the Complex Carbohydrate at breakfast, then have Protein for lunch and dinner. This really rockets your results!)

# WATER

All living things must have water to survive. While people can live without foods for days, even months, we cannot survive without water for more than a few days!

Why is water so important to our bodies?

Water is the main ingredient in the fluids of the bodies' systems. Fluids travel through your body, carrying nutrients and waste to and from all your cells and organs. Water also keeps your joints lubricated.

Water is essential in the digestive process. Starting in the mouth, saliva is made mostly of water, and it helps break down food in the mouth. Then your digestive juices are made mostly of water to keep things moving properly.

When your body generates a lot of heat, water comes up through your skin as perspiration or sweat, and it evaporates into the air. This process cools down your skin, which cools down your blood, which cools down the whole body. That's why drinking water is especially important when you are exercising or when the weather is hot.

Give your body the water it needs!

Our bodies lose 2-3 quarts of water everyday and we must replace it. Drink 6 to 8 8-ounce glasses of clean, filtered water each day. I only use plastic bottles when I need to because they are expensive and the plastic will live on even long after all the cockroaches!

Don't wait until you're thirsty to drink water. If your mouth gets dry and you feel thirsty you are already experiencing the first sign of dehydration. People often think they are hungry, when they are actually dehydrated. When you feel the first hunger pangs, drink water first! Best to drink a full glass of water about 30 minutes before each meal.

Spa Water – add sliced oranges, tangerines, cucumber, lemon and limes to your water. You'll feel like you are at a spa and it makes it taste great!!!

Keep your body healthy and hydrated by drinking lots of water everyday!



Now I will share meal plans for each level so you begin to see how your days map out with DDPYOGA Nutrition.

## DDPYOGA PHASE ONE - SAMPLE MEAL PLAN

DAY ONE	DAY TWO
<b>BREAKFAST</b> FRUIT: 1 apple  COMPLEX CARBOHYDRATE & DAIRY: 1 slice whole grain toast with ½ cup non-fat cottage cheese  PROTEIN & HEALTHY FATS: 2-3 eggs lightly scrambled (use canola or olive spray oil) with peppers, onions, and salsa  DRINK: Decaf Coffee or Tea, Water	<b>BREAKFAST</b> FRUIT: Fruit Smoothie (blended orange juice, no sugar added frozen peaches and strawberries)  COMPLEX CARBOHYDRATE & DAIRY: 1 cup Whole Grain Cereal with non-fat milk. (Look for clean ingredient lists, and very low or no sugar. Good choices include Cheerios, Whole Wheat Flakes; All Bran or Grape Nuts.)  PROTEIN, VEGETABLES & HEALTHY FATS: 2 egg omelette with sautéed mushrooms, spinach, Celtic Sea Salt and Pepper. Use a spray olive or canola oil.  DRINK: Decaf Coffee or Tea, and Water.
<b>MID-MORNING SNACK</b> FRUIT: 1 cup of strawberries	<b>MID-MORNING SNACK</b> FRUIT: Blueberries
<b>LUNCH</b> VEGETABLES: Large green salad (with romaine, red cabbage, escarole, celery, and green beans) topped with lemon and olive oil.  COMPLEX CARBOHYDRATE & DAIRY: Baked sweet potato with one tablespoon butter and Celtic Sea Salt  PROTEIN & HEALTHY FATS: Grilled chicken breast (seasoned with lemon, olive oil and tarragon)  DRINK: Water or Decaf Iced Tea	<b>LUNCH</b> VEGETABLES, HEALTHY FATS & DAIRY: Large green salad (arugula, romaine, and radicchio tossed in red wine vinegar, olive oil, Celtic Sea Salt and pepper with 1 ounce shaved Parmesan cheese.)  VEGETABLES & COMPLEX CARBOHYDRATE: Steamed broccoli and 1 cup brown rice  PROTEIN & HEALTHY FATS: a 4-6 ounce piece of grilled salmon (with lemon, dill, and olive oil)
<b>MID-AFTERNOON SNACK</b> VEGETABLES: Sugar Snap Peas	<b>MID-AFTERNOON SNACK</b> DAIRY: 1 ounce Feta Cheese VEGETABLES: Red Pepper slices
<b>DINNER</b> VEGETABLES: Broccoli Soup (p. 36)  VEGETABLES: Steamed Green Beans  COMPLEX CARBOHYDRATE & HEALTHY FATS: 1 cup Quinoa with Lemon and Parsley (p.37)  PROTEIN: 6 ounces Grilled NY Strip Steak with Celtic Sea Salt and Black Pepper  DRINK: Water or Decaf Iced Tea.	<b>DINNER</b> VEGETABLES: Butternut Squash Soup (p.37)  COMPLEX CARBOHYDRATE, VEGETABLES, HEALTHY FATS & DAIRY: 1 cup whole-grain pasta with olive oil, grilled Asparagus, sprinkle of Parmesan cheese, Celtic sea salt and pepper.  PROTEIN: DDPYOGA Thighs-Roasted Rosemary Chicken (p.38)  DRINK: Water or Decaf Iced Tea.

# DDPYOGA PHASE ONE OVERVIEW

Easy, right???? And because you are eating real food, your body is getting exactly what it needs to satisfy your appetite. If you are still ravenously hungry, don't blow it on junk food... just eat a little more of the foods you can eat! As you know, you may have as many vegetables as you want. If you are still hungry, add some protein (2 extra ounces at each meal). If you are still hungry, add ½ cup more complex carbohydrate. I do not recommend you adding more dairy or fat.

Think of all the meals you can make! Have a chopped salad with chicken, vegetables and a little cheese. Have a salad with steak, tomatoes, and green beans with Italian dressing. Try a Greek Salad with tomatoes, feta, peppers, and onions. Eat a chicken breast with broccoli and sweet potato. Make salmon with sautéed greens and wild rice. Grill some shrimp with snap peas and brown rice. Pan fry lean steak with sautéed spinach and whole grain pasta. Just use your imagination, buy the best quality food you can afford, and stick to the suggested amounts. If you are hungry, eat more vegetables!

## TREATS AND CHEATING

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If you are feeling really tempted to fall off the program because you need some sweet or salty treats, try these moderate options instead of shoving your face into a chocolate cake! In Phase One, treats should be enjoyed no more than 2 times per week. If you do find yourself cheating, just get right back on program and start again. Don't let one small treat or cheat turn into an excuse to binge for the rest of the day. You are reversing those bad habits! If you are tempted to cheat, try these options.

Plain, non-fat yogurt, sweetened with suconat, xylitol, or agave. (This does not include frozen yogurt, which is overly processed and filled with chemicals.) Add high-fiber delicious berries, such as strawberries, blackberries, or blueberries.

2 strawberries dipped into melted, high-quality dark chocolate

1 cup air-popped popcorn

Gluten-free cookies or brownies – there are great mixes for these products at health food stores. Just eat one and freeze the rest!

# DDPYOGA PHASE TWO - SAMPLE MEAL PLAN

DAY ONE	DAY TWO
<b>BREAKFAST</b> FRUIT: 1 peach  COMPLEX CARBOHYDRATE: 1 cup gluten-free cereal – (Choice of All Bran or other non-wheat, low-sugar cereal with rice milk or quarter cup of Bob Red Mills Rice Farina)  PROTEIN, HEALTHY FATS & VEGETABLES: 2 eggs – boiled, scrambled, fried, omelette. Add vegetables, if you like. Cook in a small amount of spray oil  DRINK: Decaf Coffee or Tea, and Water.	<b>BREAKFAST</b> FRUIT: 8 oz. DDPYOGA Organic Power Juice (p.40)  COMPLEX CARBOHYDRATE: 1 slice gluten free bread, toasted  PROTEIN, VEGETABLES & HEALTHY FATS: 2 poached eggs (placed on top of toast) with Celtic Sea Salt and pepper, with a side of ¼ avocado, and steamed asparagus  DRINK: Decaf Coffee or Tea, and Water.
<b>MID-MORNING SNACK</b> FRUIT: 1 apple	<b>MID-MORNING SNACK</b> PROTEIN: 2 oz. sliced turkey
<b>LUNCH</b> VEGETABLES: Greek Salad (p. 35)  VEGETABLES & COMPLEX CARBOHYDRATE: Steamed broccoli and 1 cup brown rice  PROTEIN & HEALTHY FATS: Grilled Lemon Basil Salmon (p. 39)  DRINK: Water or Decaf Iced Tea	<b>LUNCH</b> VEGETABLES, PROTEIN, HEALTHY FATS & COMPLEX CARBOHYDRATE: Grilled Chicken Taco Salad (p. 35)
<b>MID-AFTERNOON SNACK</b> VEGETABLES: Red Pepper slices	<b>MID-AFTERNOON SNACK</b> PROTEIN: 1 hard boiled egg
<b>DINNER</b> VEGETABLES: Cauliflower and Mushroom Soup (p.36)  PROTEIN, VEGETABLES, HEALTHY FATS, COMPLEX CARBOHYDRATES: Chicken and Asian Vegetables Stir-Fry with Brown Rice (p.39)  DRINK: Water or Decaf Iced Tea.	<b>DINNER</b> VEGETABLES: Steamed Green Beans  COMPLEX CARBOHYDRATE: Butternut Squash Soup (p. 37)  PROTEIN, VEGETABLE & HEALTHY FATS: Buffalo Burger with Grilled Onions (p. 38)  DRINK: Water or Decaf Iced Tea.

# DDPYOGA PHASE TWO OVERVIEW

Now you see how the menu plans change a bit by omitting dairy and wheat. There are so many wonderful alternatives to these foods – once you get out of the habit, you will not miss them! Plus, you're going to look and feel so terrific, you will see the trade-off is well worth it. By eliminating the dairy we also reduce your calories in this phase. Plus, we don't have an allowance for treats. As I said, this phase is a little more intense, but it will result in faster weight loss and even better health. If you have access to a health-food store in your area, you'll find plenty of gluten-free resources. If you do not have a health-food store near you, do a search online for gluten-free products and have them shipped to you.

## BUFFALO MEAT

It gives you that "beef fix" you want, with more protein, lower calories, lower fat, and lower cholesterol! When you first try it, you might think you are eating a really great steak, because it's incredibly tender and juicy. Plus, it's less expensive because it doesn't shrink up like fatty beef. Just don't overcook it. There is no bad buffalo – just bad buffalo cooks!

Buffalo not only has less fat than beef, it has less fat than chicken, turkey, or shrimp! And because you don't hear about massive "buffalo farms" the animals are raised without hormones, nitrates, antibiotics and all the other crap they feed to our livestock.

How about this... buffaloes don't get cancer! Science is just starting to look for the reason why this animal is immune, but they believe it has something to do with their blood system. What does that mean for you??? Buffalo is a clean protein source, low in fat, and incredibly tasty. Had myself a buffalo burger just last night... awesome. With the exception of eggs, I eat more buffalo than any other protein.

For more information or to order online, go to [buffalocal.com](http://buffalocal.com) and look for DDP's best picks.

# DDPYOGA PHASE THREE - SAMPLE MEAL PLAN

## DAY ONE

### BREAKFAST

FRUIT: 1 cup melon. Wait 30 minutes.

COMPLEX CARBOHYDRATE: Rice Farina Shake (no fruit) (p.34)  
OR PROTEIN, HEALTHY FATS & VEGETABLES: 2-3 organic eggs – boiled, scrambled, fried, omelette. Add vegetables, if you like. Cook in a small amount of spray olive or canola oil

DRINK: Decaf Coffee or Tea, and Water.

### MID-MORNING SNACK

1/2 PROTEIN: 2 ounces sliced turkey

### LUNCH

VEGETABLES: DDPYOGA Huge Green Salad (p.35)

COMPLEX CARBOHYDRATE: 1 baked sweet potato with Celtic sea salt and black pepper OR PROTEIN: 6 ounces grilled organic buffalo steak with Celtic sea salt and black pepper

HEALTHY FATS: ½ avocado

DRINK: Water or Decaf Iced Tea

### MID-AFTERNOON SNACK

1/2 PROTEIN: 1 hard boiled egg

VEGETABLES: Celery sticks

### DINNER

VEGETABLES: DDPYOGA Huge Green Salad (p.35)

VEGETABLES: Organic Broccoli Soup (p.36)

COMPLEX CARBOHYDRATE: 1 cup cooked organic wild rice  
OR PROTEIN & HEALTHY FATS: 1 chicken breast with olive oil, rosemary, Celtic sea salt and black pepper

DRINK: Water or Decaf Iced Tea.

## DAY TWO

### BREAKFAST

FRUIT: 2 cups DDPYOGA Organic Power Juice (p. 40)  
 Wait 15 minutes

COMPLEX CARBOHYDRATE: Sprouted Grain Bread (no gluten)– 1 slice toasted, dry OR PROTEIN & HEALTHY FATS: 2-3 organic eggs – boiled, scrambled, fried, or omelette. Add vegetables, if you like. Cook in a small amount of spray olive or canola oil

DRINK: Decaf Coffee or Tea, and Water.

### MID-MORNING SNACK

PROTEIN: 1 orange

### LUNCH

VEGETABLES: Huge DDPYOGA Salad (p.35).

COMPLEX CARBOHYDRATE: 1 cup brown rice with a little Tamari sauce and black pepper OR PROTEIN & HEALTHY FATS: 6 ounces grilled chicken breast with olive oil, herbs, Celtic sea salt and black pepper

### MID-AFTERNOON SNACK

1/2 PROTEIN: Handful of organic, raw nuts (about 10)

### DINNER

VEGETABLES: DDPYOGA Huge Green Salad (p.35)

VEGETABLES: Organic Cauliflower and Mushroom Soup (p.36)

COMPLEX CARBOHYDRATE: 1 cup baked organic butternut squash with Celtic sea salt and black pepper OR PROTEIN & HEALTHY FATS: 6 ounces grilled organic salmon with olive oil, herbs, Celtic sea salt and black pepper

DRINK: Water or Decaf Iced Tea.

# DDPYOGA PHASE THREE OVERVIEW

Here in Phase Three you can see how the menu plans change by buying organic foods, whenever possible, and by adding the food combining element. Food combining really puts your weight loss on the fast track! Remember, you want to select a Complex Carbohydrate or Protein at each meal.

While you don't eat all of these foods at every meal, here's the order you want to stick with to increase your metabolism and drop the pounds. Think of them like courses at a restaurant, but instead of Appetizer, Salad, Entrée and Dessert...Juice, Fruit, Salad, Vegetables, Complex Carbohydrate and/or Protein and Healthy Fats.

**JUICE:** \_\_\_\_\_ ●

Check out DDPYOGA Juicing (page 40).

**FRUIT:** \_\_\_\_\_ ●

Best to eat fruit before noon to optimize digestion.

**SALAD:** \_\_\_\_\_ ●

Begin each meal with organic vegetables. I like to start with a huge bowl of finely chopped mixed greens, tossed with a small amount of olive oil and lemon juice. By eating these vegetables first, you get your digestion going with all the good fiber! Eat as many vegetables as you like.

**VEGETABLES:** \_\_\_\_\_ ●

Enjoy raw or steamed vegetables or with an organic vegetable soup, such as the Organic Broccoli Soup or Organic Cauliflower Soup. Get full on these anti-oxidant rich veggies. You'll not only lose weight, they could save your life!

**COMPLEX CARBOHYDRATE:** \_\_\_\_\_ ●

Next we include about 1 cup of Complex Carbohydrate. Cutting all carbohydrates is dangerous to your body and no way to live! Adding some good carbohydrates each day will give you the natural energy you need, while still keeping your body burning your fat reserves as fuel.

**OR** \_\_\_\_\_ ●

**PROTEIN:** \_\_\_\_\_ ●

The best choices for organic protein include eggs, fish, poultry, buffalo, lean beef, moving down the list to less smart choices, such as pork, and seafood (crab, lobster, etc.). If you can't afford organic, at least go for natural or grass fed.

**HEALTHY FATS:** \_\_\_\_\_ ●

Add the Healthy Fats to either to either your vegetables, Complex Carbohydrates or Protein course.

# YOU CAN DO IT!

Whatever DDPYOGA Nutrition Phase you choose – stick with it! You will see the pounds fall off in no time. By cutting out all the chemicals and trash food, your body will celebrate. Without sugar and white flour, your body does not have those easy sources of energy to burn as fuel, so it must turn to your fat reserves for energy. That's how we rev up the metabolism and burn off that fat!!! You don't need some crazy diet pill or some crazy diet... you just need to give your body healthy delicious food and it will begin to work at its peak. You are on your way to your ideal weight for your body type. In combination with your killer DDPYOGA workouts, the transformation you thought was impossible will be just around the corner. I've seen it.... BELIEVE IT!

## GET RIPPED

You are going to get so ripped with this eating plan! Whether you are adopting DDPYOGA Phase One, Two or Three - you are going to change your life. I know you'll never go back to eating all the junk you used to think tasted so good. Seriously, last time I blew it on a cheeseburger and a milkshake I was sick for 12 hours. Once your system is clean, your body doesn't even want those junky foods. You will begin to crave the foods that make your body fly!!!

Stick with it. OWN IT! To track your results go to [TeamDDPYOGA.com](http://TeamDDPYOGA.com). Make sure you take the 6 DDPYOGA strength and flexibility (pg 5) photos of yourself on Day #1, and then again every 30 days. Check out the website to see which pictures to take. This is really important to track your results and keep you motivated. You will also record your weight and measurements in The DDPYOGA Progress Journal (p.49). TRUST ME!!! Most importantly, do your DDPYOGA Workouts!!!!

## DDPYOGA MAINTENANCE

The biggest issue people have with dieting is keeping the weight off! Time and again I see commitment during the weight loss phase, and then when it's time for maintenance, people think the "diet is over" so now I get to eat like I used to... NO!!! If you want to maintain this new level of health you can't revert to the way you used to eat – ever! And you won't want to because you'll be looking and feeling so great. Eating whole, real food is now your lifestyle, and will be for the rest of your life.

The difference between the weight loss phase and the maintenance phase is the amount of times you stray from the program. While you are losing, you shouldn't be straying at all. Each and every meal and snack should be in the guidelines outlined. Of course, the reality is that you may get stuck at a friend's house and not be able to stick to the guidelines exactly. Still, do your best and don't eat a whole pizza just because that's all the host is serving! You wanna blow your friends' minds? Bring your own food and show them how serious you are! It's all about Owning Your Life!

On the maintenance program, think about my motto, "Live Life at 90%" that I discussed in the Fitness section of this guide. For the DDPYOGA Nutrition Plan, during the maintenance phase, this means you should follow the guidelines outlined above 90% of the time and allow for treats 10% of the time. You just need to remember, it's not about how many times you fall down, it's about how many times you GET BACK UP! Own it!!

## CELTIC SEA SALT

When people go on a diet, they often have to reduce their salt intake. I'm here to tell you, it's not the amount of salt, but the type of salt that matters! Regular table salt is a refined product where as many as 82 trace minerals and essential macro nutrients are removed, leaving only a single compound made of sodium and chlorine. Table salt is a completely chemicalized substance!

Celtic Sea Salt, harvested from the shores of France, on the other hand, has many health benefits, besides making your food taste unbelievably great! It contains those 82 trace minerals to assist in cellular maintenance and overall biological functions. Plus, it improves digestion, balances alkaline/acid levels and helps to restore the body's electrolytes. After a sweat inducing DDPYOGA workout, a little Celtic Sea Salt is just what the doctor ordered!

Dump the table salt and pick up a bag of moist, delicious, healthy Celtic Sea Salt. You can find it at better markets and health food stores – or many sources online. I carry it with me, and all my buddies ask me for it because it makes food taste so much better.

## WHY ORGANIC?

You may not realize it, but we are bombarded each and every day with chemicals, toxins, hormones, and pollutants that silently enter our bodies from the foods we eat. Demand organic! I know it's more expensive, but what could be more important than keeping our bodies free from chemicals and pesticides that cause disease? Buy food with quality as good as you can afford, and organic whenever possible.

If you can't afford to buy everything organic, here is a list of the top twelve fruits and vegetables tested to have the highest levels of pesticides (according to studies conducted by USDA, Consumer Reports and Environmental Worker). As you fill your shopping cart (or better yet, your basket at the farmer's market) make sure to get these organic. If you can't afford organic, buy a good fruit and vegetable wash!

HIGHEST PERCENTAGE OF PESTICIDES	LOWEST PERCENTAGE OF PESTICIDES
Nectarines	Asparagus
Celery	Avocados
Pears	Bananas
Peaches	Broccoli
Apples	Cauliflower
Cherries	Corn
Strawberries	Kiwi
Imported Grapes	Mangoes
Spinach	Onions
Potatoes	Papaya
Bell Peppers	Pineapples
Raspberries	Sweet Peas

# RECIPES

## DDP SCRAMBLE

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Serves 2-3 for most, or 1 for me

Most mornings I eat organic eggs. They are a perfect protein source and really power my day. Here's one of my favorite scrambles.

Olive oil spray  
½ onion, chopped  
1 red pepper, sliced  
1 small stalk broccoli, trimmed and chopped  
8 eggs  
Splash of water  
Celtic sea salt and black pepper  
1 handful chopped spinach

Place a sauté pan on medium high heat. Spray the bottom with olive oil. Add the onion and sauté until golden, about 5 minutes. Add the red peppers and broccoli and sauté until tender, and bursting with color, about 5 minutes.

Crack the eggs into a bowl and add a splash of water, salt and pepper. Whisk until light and fluffy. Pour over the vegetables. Stir occasionally to keep eggs from sticking to the bottom of the pan. Cook for about 5 minutes, or until eggs are done to your liking. Add spinach and cook for 10 seconds. Serve immediately.

## STEEL CUT OATS (PHASE ONE ONLY) OR RICE FARINA SHAKE

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Serves 1

In Phase One go for organic steel cut oats for breakfast. One day I threw them into the blender with a little rice milk and turned them into a shake... awesome!!! If you are maintaining your weight, add a little fruit, like a handful of blueberries, ¼ banana, and 2 dates. DELICIOUS! For a gluten-free option you can also use Rice Farina in this recipe, in place of the oats. It's awesome!

1 cup cooked organic steel cut oats or Rice Farina  
Splash of rice, almond or coconut milk  
Squeeze of agave nectar  
¼ cup fresh or frozen blueberries (optional)  
¼ banana (optional)  
2 dates (optional)

Place all ingredients into a blender and blend until smooth. Add rice milk until desired consistency is achieved.

## HUGE DDYOGA SALAD

Serves 2-3 for most, or 1 for me

When I say load up on lots of greens, I mean load up!!!! My salads change daily, but here's what one of my creations might look like. A key element here is to chop Everything Finely... it saves you from having to chew like a cow!

½ head Romaine lettuce, chopped	1 bulb fennel, chopped
¼ head purple cabbage, shredded	2 carrots, shredded
¼ pound spinach, chopped	4 stalks celery, chopped
2 stalks kale, chopped	1 cucumber, scored and chopped
1/3 head butter lettuce	1-2 tablespoons olive oil
1 bunch dandelion greens, chopped	½ lemon
1 bunch parsley, roughly chopped	Celtic sea salt and black pepper

Place all chopped ingredients into a large bowl. Drizzle with olive oil and a squeeze of lemon. Season with salt and pepper... and CHOW!!!

## GREEK SALAD

Serves 2

My favorite during the summer months when tomatoes and basil are at their peak!

1 head Butter lettuce, torn into pieces	2 tablespoons extra virgin olive oil
4 ripe tomatoes (Heirloom, if available)	1 tablespoon balsamic vinegar
1 cucumber, quartered lengthwise, and diced	Celtic sea salt and black pepper
2 ounces Feta cheese (Phase One only)	Fresh basil leaves, julienned

Place torn lettuce, cucumber, and feta (optional) into a salad bowl. Drizzle with half of the olive oil and vinegar. Season with salt and pepper. Toss until coated. Place into serving bowls. Top lettuce with slices of tomato. Drizzle remaining oil and vinegar over tomatoes. Season with salt and pepper. Garnish with basil.

## GRILLED CHICKEN TACO SALAD

Serves 2

This hearty salad really fills you up for lunch or dinner. You will not miss the greasy taco fast food crap when you give your body this delicious food.

<b>For Chicken:</b>	<b>For Salad:</b>	<b>For Garnish:</b>
2 (6 oz.) chicken breasts, boneless and skinless	1 head Romaine lettuce, chopped	2 ounces grated cheddar cheese
2 tablespoons extra virgin olive oil	¼ head purple cabbage, shredded	(Phase One only. For Phase Two and
¼ teaspoon cayenne pepper	2 cups chopped jicama	Three substitute with sheep's cheese)
½ teaspoon paprika	2 cups black beans, cooked and cooled	
½ teaspoon cumin	2 tablespoons extra virgin olive oil	
Celtic sea salt and black pepper	Juice from 1 fresh lime	
	Celtic sea salt and black pepper	
	½ cup fresh tomato salsa	

Drizzle olive oil over the chicken breasts. Season with spices, salt and pepper. Grill over medium high, about 4 minutes per side (depending upon thickness of the chicken breasts). Cool slightly, and slice on the diagonal. Toss all salad ingredients in a large bowl. Place salad into serving bowls or plates. Top with chicken slices. Garnish with extra salsa. For Phase One, add a sprinkle of grated cheddar cheese.

## ANGELLA'S ORGANIC BROCCOLI SOUP

Serves 2

My girl, Angela, makes the most incredible soups! This one combines broccoli and broth. You can have as much of this as you want. It's loaded with nutrients and it tastes great!!!

1 large head organic broccoli  
1 onion  
2 tablespoon extra virgin olive oil (optional)  
1 cup vegetable (or mushroom) broth  
½ cup silken tofu  
Celtic sea salt and black pepper  
Garnish: sauteed onions, mushrooms and broccoli

Wash and trim ends from broccoli. Cut florets and stem into pieces.

Place 2-3 cups of water into a large pot, fitted with a steamer. Heat on high until it boils. Add broccoli and steam until tender and easily pierced with a fork.

Peel and chop the onion. In a stock pot, sauté the onion in a bit of olive oil, until golden brown. Add the steamed broccoli, the tofu and the broth. Using a hand-emulsion blender, puree the soup right in the stock pot. (If you don't have a hand-blender, transfer ingredients to a blender – be careful not to fill the blender all the way to the top. Place hand on lid and blend until smooth. Pour back into the stock pot.) Season with Celtic Sea Salt and black pepper. Heat through and garnish with sauteed onions, mushrooms and broccoli, if desired. Serve immediately. Extra may be refrigerated for four days or frozen for up to three months. For an extra bit of flavor, top with a sprinkle of grated Parmesan cheese.

## ANGELLA'S ORGANIC CAULIFLOWER AND MUSHROOM SOUP

Serves 2

Another great version of a pureed soup with tons of anti-oxidants!

1 large head organic cauliflower  
1 cup sliced mushrooms  
1 onion  
2 tablespoon extra virgin olive oil (optional)  
½ cup water  
1 cup mushroom (or vegetable) broth  
½ cup silken tofu  
Celtic sea salt and black pepper

Wash and trim ends from cauliflower. Cut florets and stem into pieces. Place 2-3 cups water a large pot, fitted with a steamer. Heat on high until it boils. Add cauliflower and steam until very tender and easily pierced with a fork. Peel and chop the onion. In a stock pot, sauté the onion in a bit of olive oil, until golden brown. Add the mushrooms and sauté until lightly browned. Add the steamed cauliflower, water, tofu, and the broth. Using a hand-emulsion blender, puree the soup right in the stock pot. (If you don't have a hand-blender, transfer ingredients to a blender – be careful not to fill the blender all the way to the top. Place hand on lid and blend until smooth. Pour back into the stock pot.) Season with Celtic sea salt and black pepper. Heat through and serve immediately. Extra may be refrigerated for four days or frozen for up to three months. For an extra bit of flavor, top with a sprinkle of grated Parmesan cheese.

## ANGELLA'S ORGANIC BUTTERNUT SQUASH SOUP WITH CRISPY SAGE LEAVES

Serves 2

This is one of my favorite soups of all. One day I was running out the door and knew I would not have time to get lunch so I grabbed a container of this soup and some leftover chicken. I was running like crazy all day and didn't even have time to heat it up. I figured, what the hell, and ate it cold. Believe it or not, it was still awesome! This soup is a complex carbohydrate, because of the excellent carbs found in butternut squash. It's creamy and delicious, with no dairy! For a little extra decadence, try the crispy sage leaves as a garnish.

- 1 large butternut squash
- 1 tablespoon olive oil
- 1 cup chicken or vegetable broth
- ½ cup silken tofu
- Celtic sea salt and black pepper
- 1 bunch fresh sage leaves
- 2 tablespoons olive oil (garnish)

Preheat oven to 350 degrees.

Slice butternut squash in half, lengthwise. Drizzle with olive oil and season with Celtic Sea Salt and black pepper. Place on a foil lined baking sheet and bake for 45 minutes, or until easily pierced with a fork. Remove squash from oven and allow to cool. Scrape flesh from squash into a blender. Add broth and tofu. Puree until smooth. Adjust with more liquid, if necessary. Pour contents into a small stock pot and heat through. Season with additional salt and pepper, if needed.

For garnish:

Heat 2 tablespoons olive oil in a small sauté pan. Add fresh sage leaves and cook for about 1 minute. Remove with a slotted spoon and place onto paper towels to drain. Ladle hot soup into bowls and garnish with the fried sage leaves.

## QUINOA OR ORGANIC BROWN RICE WITH LEMON AND PARSLEY

Makes 3 cups

Quinoa is a superfood!!! It comes from the Incas and while it looks like a simple grain, it's also a complete protein and very low in carbs. What I love about it is that it takes only moments to cook. By the way, you pronounce it "keenwah."

- 1 cup dry quinoa
- 2 tablespoons extra virgin olive oil
- 2 shallots
- 1 bunch parsley, finely chopped
- Juice of ½ lemon
- Celtic sea salt and black pepper

Prepare quinoa according to package instructions. While quinoa is cooking, place a sauté pan over medium high heat. Add the oil and the shallots and cook until golden brown.

Remove the quinoa from heat and allow to slightly cool. Pour into the sauté pan with the shallots. Add chopped parsley, lemon juice, salt and pepper and stir to combine.

## DDPYOGA THIGHS - ROASTED ROSEMARY CHICKEN

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Serves 4

Who says you can't have hot thighs? These chicken thighs are simple and perfect every time. I like to make extras to have on hand for a quick lunch or snack. This recipe also works with drumsticks or breasts on the bone. However you like it, keep protein in the fridge to keep you away from the junk!

8 chicken thighs with bone (organic is best)  
3 tablespoons olive oil  
Celtic sea salt and black pepper  
1 bunch fresh rosemary, (or 2 tablespoons dried)  
½ teaspoon paprika  
Juice of 1 lemon

Preheat oven to 350 degrees.

Place chicken pieces into a roasting pan. Squeeze lemon juice over the chicken, then drizzle with olive oil. Season with salt, pepper, and paprika. Remove the rosemary leaves from the center twig and sprinkle well over chicken. Roast for about 1 hour, until thighs are golden brown.

## BUFFALO BURGER WITH GRILLED ONIONS

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Serves 2

I'm crazy about buffalo!! Tastes like beef, but lower in fat and calories. Here's my protein style burger with grilled onions. This really hits the spot – and without the white flour bun your body will be happy, too!

12 ounces ground buffalo  
Celtic sea salt and black pepper  
1 tablespoon olive oil  
1 onion, thinly sliced  
2 large Romaine lettuce leaves

Garnish:  
Mustard (optional)

Form ground buffalo into two patties. Season with salt and pepper. Grill over medium high heat, about 3 minutes per side or until cooked to your liking.

Place a sauté pan over medium high heat. Add olive oil and sliced onions. Cook onions until brown, golden and caramelized, about 20 minutes.

To serve, take a lettuce leaf and place the cooked buffalo burger on it. Top with a nice pile of grilled onions. Add a squirt of mustard or organic no-sugar ketchup, if desired. Cover with the other piece of lettuce and wrap around the burger. Eat over a plate and let the juice drip down your forearms.

## GRILLED LEMON BASIL SALMON

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Serves 2

Salmon is one of the healthiest fishes you can eat! It's got all those incredible Omega 3 fatty acids that help lower your bad cholesterol and improve your good cholesterol. Best of all – it tastes awesome!! Try this simple, grilled version with fresh basil and lemon.

2 4-ounce salmon filets  
2 tablespoons extra virgin olive oil  
Juice of 1 lemon  
4 basil leaves, julienned  
Celtic sea salt and black pepper

Drizzle olive oil over the salmon. Season well with Celtic sea salt and black pepper. Grill over medium high heat for 4 minutes per side. Remove from heat. Squeeze lemon juice over both filets. Top with julienned basil.

## CHICKEN AND ASIAN VEGETABLE STIR-FRY WITH BROWN RICE

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Serves 2

When I go to the Farmer's Market, I buy whatever looks fresh! The vegetables for this recipe vary depending on what I find at the market.

2 chicken breasts, boneless and skinless  
2 tablespoons light soy sauce  
2 tablespoons sesame oil  
3 cloves garlic, pressed  
1 inch fresh ginger, peeled and grated (or 1 teaspoon dried ginger)  
Pinch of red pepper flakes (optional)  
1 stalk broccoli, trimmed and chopped  
4 stalks celery, chopped  
½ pound snow peas  
2 cups cooked brown rice

Chop chicken into bite-size pieces. Place into a non-metallic bowl. Add pressed garlic, grated ginger, and optional red pepper. Toss to coat. Let marinate for at least 10 minutes.

Heat a large sauté pan or wok on high. Add sesame oil. Add chicken and any juices from the bottom of the bowl. Toss well, continuing to stir until chicken is golden brown on all sides, about 4 minutes. Remove chicken from the hot pan and set aside in a clean bowl.

Add chopped vegetables and sauté until brightly colored and just tender, about 3 minutes. Add cooked chicken back to pan and stir to combine. Serve over a bed of brown rice.

# DDPYOGA JUICING

Juicing can be as simple as getting hundred dollar juicer and adding some fruit and veggies, all the way up to professional juicing. Here are a couple of recipes from the easy to the ultimate!

## DDPYOGA GREEN DRINK

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With any counter-top juicer, add a combination of the fruits and vegetables listed below. On this recipe, I also might add lemon or fresh ginger to change the taste. I might add beets and/or carrots. It's up to you. Find out what you like from experimenting. When you use an inexpensive juicer, you have to drink the juice within 20 minutes of juicing because the air will start to delineate the vitamins. (Bottled juices are not what they claim to be although they are still better than soda.)

Green Apple • Kale • Cucumber • Spinach • Parsley • Romaine • Celery

## DDPYOGA ORGANIC POWER JUICE

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Makes about 15 quarts

You'll never go back to coffee once you feel the incredible lift from this organic POWER juice. My brother, Rory Dean, got me started on juicing and now it's part of my morning ritual. Loaded with all the best vitamins, minerals, enzymes, and natural cleansers, this concoction will boost your immune system to new heights. I use a Norwalk Juicer for best results. I make this recipe 1-2 times per month. It makes about 15 quarts. I drink about a quart a day, then keep the rest in the freezer. With the Norwalk Juicer, even the frozen juice retains 100% of the vitamins and enzymes.

25 pounds organic carrots  
10 organic cucumbers  
15 organic beets  
5 bunches organic parsley  
5 bunches organic celery  
5 bunches organic Romaine  
3 heads organic kale  
3 heads organic spinach  
8 organic red apples  
4 organic green apples

Juice all ingredients together according to manufacturer's instructions. Juice keeps in refrigerator for about three days. Freeze the remainder and thaw as needed.

**NOW GO OUT AND ATTACK YOUR DAY!!!**

# DDPYOGA FOOD JOURNAL - WEEK 1

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL - WEEK 2

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 3

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 4

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 5

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 6

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 7

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 8

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 9

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 10

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 11

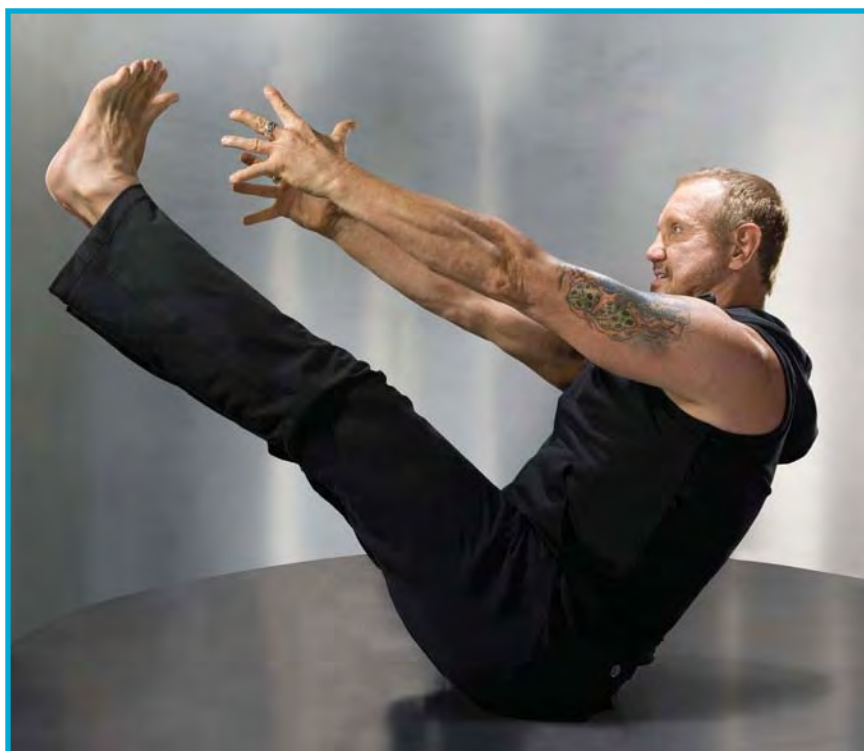
	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL • WEEK 12

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					

# DDPYOGA FOOD JOURNAL - WEEK 13

	breakfast	snack	lunch	snack	dinner
monday					
tuesday					
wednesday					
thursday					
friday					
saturday					
sunday					



# DDPYOGA WORKOUT JOURNAL

	week 1	week 2	week 3	week 4	week 5	week 6
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

# DDPYOGA PROGRESS JOURNAL

	month 1	month 2	month 3	month 4	month 5	month 6
weight						
measurements						
chest						
waist						
hips						
thigh						
bicep						

week 7	week 8	week 9	week 10	week 11	week 12	week 13

month 7	month 8	month 9	month 10	month 11	month 12	comments

# DDP YOGA



**"IT AIN'T YOUR  
MAMA'S YOGA"**