



the
lose-free diet
A Better, Healthier Way to Eat Freely

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About This Ebook

My diet over the past few months has undergone quite an amazing change, and many of my friends and family members have been trying to understand exactly why I've completely changed the way my children and I eat. This ebook explains why I am eating the way I am, as well as gives you some ideas for things you can eat, too.

I'm not a doctor, not a nutrition expert, and by no means a professional. I am just someone who wanted to eat healthier, initially to lose weight, and later to help my body feel and perform its best. This ebook is the report of all the research and things I've learned along the way. My hope is that if it helped me, maybe it will help you or someone you know, too.

Since following this specific diet, I've lost 10 pounds I didn't even think I needed to lose, as well as have way more energy throughout the day. I can't guarantee the same results, and of course everyone has individual circumstances and health issues, but I do believe that almost anyone can benefit from following this diet to see if it helps them feel their best, too.

When I first created the LoseFree Diet, my plan was to share a simple way for anyone to lose weight for free. With so many expensive diet gimmicks and scams out there, it's so hard to know what it really takes to lose weight in a healthy and safe way. And there's nothing worse than paying for a diet plan, it not working, and feeling even more hopeless about your situation. Once I figured out what worked for me, it only seemed natural to share it with others, no strings attached.

Today the LoseFree diet is still the same low, low price of zero dollars – but free has another meaning. After doing some intense research on different foods and how they relate to our health, as well as taking into awareness the rising epidemic of food sensitivities and chemical additives stressing the body, the diet is now gluten free, dairy free, soy free, additive free, and chemical free. This diet can also easily be accommodated for nut free and vegan diets as well. This might sound difficult to do—but don't worry. It's actually pretty easy, and the foods I've been eating these past few months are some of the best tasting things I've had in a very long time.

The right foods and habits can give you true freedom to enjoy life to the fullest: freedom from feeling tired all the time, freedom from chronic pain, freedom from being sick. You can't be free if your health and diet is holding you captive.

I hope you find the information contained here helpful and inspirational to empower you to take control of your own health. Even if this diet isn't right for you, I'm still glad you took the time to read this eBook and learn about what a difference food can make in your life. Learning about the role between diet and your health is an excellent start for living a healthier life.

Chelle Stein
LoseFree.com



Before You Get Started

Every diet tells you to consult with a doctor before starting a diet (and of course this ebook is no exception!) but have you ever wondered why? Or what you should even consult *about* with your doctor?

The reason for this is that there is no “one size fits all” diet plan for perfect health. We all live different types of lifestyles, different health history, different genetics, and different needs. Some of us might have pre-existing health concerns, or be at more risk than others for different diseases. Some may have food sensitivities that can shape what they can and cannot eat.

This diet is going to serve as an excellent starting base for many people, but it may or may not be right for you. This diet was not created for certain pre-existing conditions such as heart disease, diabetes, or other health concerns. If you take any supplements or medications, it is also important to make sure that they will be safe when making changes to your diet.

Even if you think you are “healthy”, it’s still a good idea to consult with a professional. A lot of people, especially those who are overweight, need to be concerned about common health problems such as an underactive thyroid, diabetes, and cardiovascular problems. The older you get, the more likely your body is going to start having problems. Routine testing for these types of problems is important—and can often help prevent life threatening conditions.

Most importantly is finding the right doctor. You want a doctor who looks for a cause—not just treating symptoms or ignoring possibilities like thyroid disorders or food intolerance being a reason why you’re overweight or not feeling well. It might take some effort, but finding a doctor who actually listens and looks for a cause is well worth it.

Remember: This ebook should not be substituted for medical advice or treatment.

This diet is meant to be easy to understand and follow and help people learn about eating healthy. It is by no means an exhaustive technical reference when it comes to losing weight or eating for better health. And it can’t replace the experience or knowledge of a well trained professional who can help you customize it to meet your own health needs. Think of this diet as a framework, a starting point—and with the right medical supervision you’ll be able to use what you learn from this book to create a custom plan for you.

I don’t use a lot of technical terms to make this book easy to understand for everybody, but if you like facts and data, you can learn more on my resources page at the end of this book. This diet is an excellent starting point in eating healthier — but by no means can it substitute professional advice or treatment.

I may make changes to this diet as I learn more about health and nutrition—so if you’re not already subscribed to LoseFree.com, you can do that [here](#) to make sure you’re updated on the latest changes. As a nice bonus, you’ll also get periodic articles to help you stay motivated and on track! (And, if for whatever reason you don’t like it, you can unsubscribe at any time).

And if you ever have questions, comments, suggestions—don’t be afraid to drop me a line. I’m not qualified to give medical advice, but I can help point you in the right direction! You can email me [here](#) anytime.

Developing a Positive Mindset

Most diets jump right into what to eat and what not to eat. That's good and all, but it doesn't help you actually follow the diet or stick with it for any long period of time. I can't stress enough: *a diet isn't temporary. It's a life change.* And in order to change your life, you've got to change the way you think.

Most of us know by now you can't really "Think yourself thin". If we could, do you think any of us would be overweight? Thinking positively alone is not enough. Wishing to be thinner or healthier isn't going to help you accomplish anything, trust me!

Ironically, the answer to getting the body you want is all in your head.

We keep doing and thinking all the same things we've always done and thought—then wonder why nothing ever changes or gets any better. We're programmed with a set of thinking that prevents us from really ever getting what we want. Once you change that programming, you're more likely to succeed. You've got to develop a strong and powerful mindset that won't let anything stop you.

Make sure you check out some of the books I have listed on my Books Page, they can also help with this.

5 SIMPLE THINGS YOU CAN START DOING TODAY:

Stop Negativity: Ever find yourself thinking, "I can't do this!" or "what's the point?" These negative thoughts are like a wall between you and your goals. You never see past that wall. Every time you have a negative thought, identify it, and try to see it in a positive way. For example, "*This is hopeless*" can turn into "*I just haven't found the answer yet*".

Realize You Deserve What You Want: It's hard for people to think they deserve a good life. It's easy to believe only the special elite are meant to have it all. But why? Why don't you deserve what you want out of life? What makes that other person so entitled to success? You're a person just like them. Repeat to yourself: **You deserve to be happy.**

Let Go of the Past: So often we let past experiences shape what we're doing right now. Maybe you've been hurt before, and I know it can be hard to get over that. But when the past continues to loom behind you, it slows you down from achieving what you want. You have to commit to letting go—and start living life NOW. From this point on, I want you to pretend you have amnesia.. Live life in the moment, not what happened yesterday.

Become a Believer: It's hard to believe in things you can't see. But there's an amazing phenomenon known as faith—and faith can push dreams into reality. Unfortunately, most of us believe we can't achieve something, instead of believing we can. You need to believe you can do this. It sounds tacky, I know, but believe in yourself! If you won't, who will?

Stick to a Plan: If you were traveling to a certain destination, it would help to have a map, wouldn't it? You need a plan to get where you want to be, and in this case diet and exercise are part of that plan. When you know exactly what steps it takes to get to where you want to be, it's a heck of a lot easier than just wandering around aimlessly, don't you think? Take some time and write out a plan, a "to-do" list to help you have a good map to follow.



Understanding Food & Your Body

Understanding food is really difficult for a lot of people to really do easily. There are volumes of conflicting information on just about every food out there—some will tell you it is really good for you, the next week you'll read that it's going to kill you. Dietitians and Nutritionists spend years studying food science—and even that rapidly changes, making it difficult to stay on top of what really is true and what is not.

Perhaps the biggest problem with most of these studies is they do not typically look at the **WHOLE** body. They decide to check out a food and it's effects on the heart or cholesterol—but they neglect to see what it does to the digestive system or the brain. I have read through thousands of studies and research papers in deciding what the best diet plan is for me and my family to follow.

In order to really make a good decision on what to eat, you need to understand how the body works and how it uses the different kinds of foods you eat. Most of us are familiar with terms for things like proteins, carbs, sugars, fats, and calories—but rarely do we really know what they actually are or what the body does with them!

Today our diets are the worse they have historically ever been. We eat more grains than we do vegetables, we load our bodies with preservatives, toxins, and chemicals, we get all of the bad hydrogenated fats, and none of the “good fats” our bodies need. Because our diets are so refined and so artificial, we tend to not get the nutrition we need. Many of us are addicted to sugar, resulting in all types of problems.

Foods that should be healthy for us, such as milk or meat are actually worse for us because most commercial animal products have been tampered with. Hormones and antibiotics are administered to many of these animals because they are not fed a diet they need. Some foods that are excellent for us to eat, such as salmon, have a high risk of being high in mercury which can be dangerous, due to all of the pollution in our world. Many people who are overloaded with toxins find their body has become intolerant of many common foods, actually creating antibodies against them.

Finding healthy foods to eat can also be very challenging depending on your location. Some areas have only the highly refined, processed, hormone and antibiotic treated food. Most commercial restaurants, concerned about mostly their bottom line and profit margin, use the cheapest, and usually lowest of quality possible ingredients. The high cost of healthier foods often prevent people from making better food choices.

When you really start researching the foods we eat on a regular basis, it can be shocking what you learn. You might learn that foods you always ate before are actually pretty bad for you, and that many foods that you thought were bad may actually be good for you. It's not easy to understand everything, and research studies typically aren't conclusive enough to know for sure they are correct. However, one thing is for sure: eating highly refined foods, full of sugar, toxins, and preservatives, add a lot of stress to the body—and a stressed out body can't work the way it should! In this chapter I'll attempt to explain what I've learned about food so you can start doing your own research and make the decision that is best for you.

Why I Don't Count Calories



The rules of weight loss have always been calories in – calories out. There's a magic number of calories you need to eat every day and a magic number of calories you need to burn in order to lose weight.

But let's be realistic here. Do you have time to count calories, points, carbs, or any of that information each and every day? I'm a mom of three kids, run my own business, and have a million things going on at any given minute. Let me tell you, I don't have that kind of time, and I don't expect you do either.

Ideally of course you should count calories. And there are some helpful tools that help make it easier to track all of these things. But, you don't need to. Because when you start eating healthier, unprocessed food, your calorie intake naturally reduces. Your nutrition also increases, which helps your body process all the things in foods more efficiently.

You don't have to count a single calorie, a single gram of fat, or a single carb on this diet. The easier a diet is to follow, the more likely you're going to be able to stick with it. If a diet is too hard, too confusing, or even boring – you're not going to have the motivation to be successful.

The Scale – Friend or Foe?

Many people when trying to lose weight start weighing themselves everyday in hopes to see a difference. Maybe they look in the mirror to see if anything has changed.

The problem is, change is gradual. You can't safely lose half of your body in one day. And if you weigh yourself nonstop, you're going to feel like you're not succeeding. Our weight fluctuates up and down all day long – you might weigh less in the morning or more at night.

If you want to weigh yourself, that's fine. But don't do it more than once a week. Once a week is enough to usually see some progress – whether you lost 2 pounds or 10 pounds. It's enough to know whether what you're doing is working or not – and it can usually help keep you motivated to keep going until you reach that healthy weight.

What is My Healthy Weight?

It's also helpful to know what your healthy weight actually is. It is of course based on your height, but also your body shape. Males tend to weigh more than females, and your body structure can also have a role in it as well. Most weight charts show a range for each height, with a low, middle, and high range. ([See the chart here](#))

When you get to your healthy weight though, this doesn't mean you can just go back to your old ways of not eating right or not exercising – because those pounds will come back with a vengeance if you do. Dieting isn't something we should start, stop, start, stop – diet is something you should do forever.

Why Eat Naturally

Before taking an interest in my health, I could never understand the appeal of organic and all natural foods. That was until I started eating it. You see, I was sick of food. Nothing really tasted great or seemed that appealing. But when I started eating organic and all natural foods, everything changed. Food had flavor and taste again, instead of being the usual salty, sugary, refined junk we were so used to eating.

Aside from it just tasting better, there's far more better reasons to switch to all natural and organic foods. The main one? Would you eat petroleum, sulfur, pesticides, mercury, lead, or other toxic substances? Of course not—yet chances are you do every single day. Food dyes are made from petroleum products, and many different foods have chemicals in them that can be bad for your health. A lot of research needs to be done on this, but many people believe that this one of the reasons why so many people have emotional disorders or chronic health problems. Our body can remove some toxins naturally—but when we overload our bodies with them day in and day out, guess what? The body can't handle it. We start getting sick, we start feeling tired, we start getting moody, and health problems begin...

You have to be very careful when reading food labels. Most foods which are organic will display a seal on the packaging. But remember: just because something is "organic" that doesn't mean it's good for you—I've seen many natural products with toxic substances or ingredients that aren't healthy for you in them.



I follow one pretty easy rule that's simple to remember when picking out food: If it has too many ingredients to read quickly or has ingredients I can't identify, spell, or pronounce, I don't eat it.

Eating whole foods has many benefits. Mostly, you won't be overloading your body with toxins. It also tastes incredible.

Aren't organic and all natural foods more expensive?

It is true, organic food, dollar for dollar, pound for pound, is more expensive. This is always the excuse I hear for why no one wants to make the switch. But once you start this diet and get over the initial staples for your pantry, you may be surprised to see your grocery bill drop dramatically. For starters, you won't be stocking up on things to age on your pantry shelves like we normally do with preserved food. Since you're eating things that don't have a long shelf life typically then you'll only buy what you know you'll need and use. Secondly, think of how much junk you won't be buying! It is all too easy to buy junk food, and before you know it, you'll have another \$50-\$70 on your grocery bill for junk food. Since you're not eating that anymore, you'll likely see a decrease after a few weeks. The key is to stop buying processed foods. They may be convenient, but they are not good for you! See my resources section for ways to save on organic groceries.

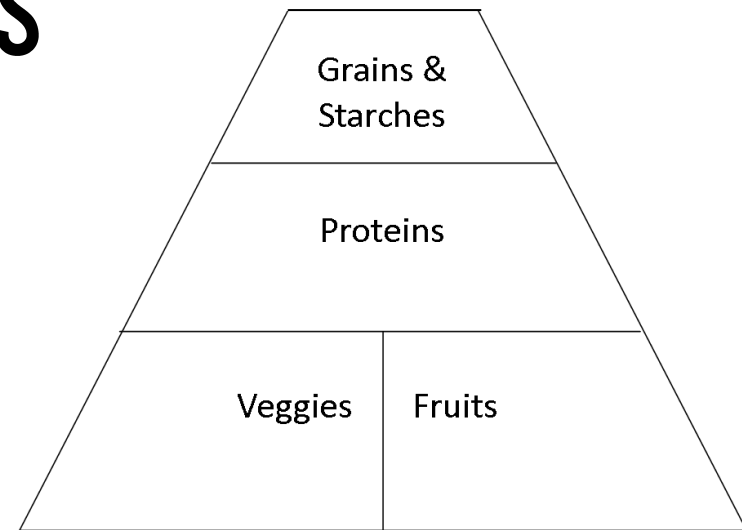
The Lose Free Food Groups

When you start doing a lot of research on different foods, you realize just how difficult it becomes to classify and categorize the different types of foods out there. And when you find out you are sensitive and should not eat two foods that primarily make up two food groups, you also realize that perhaps the USDA Food Pyramid that we've come to know and love so well is not really the most adequate source on figuring out what you should eat.

For this reason, I've created what I call the LoseFree food groups that can help you decide what to eat each day. Ideally you should eat the most from the veggies and fruit groups, then the protein group, then grains and starches. Unlike most traditional food groups you see, there is no "other" section here. Why? Because the only fats you'll be eating on this diet are the "good fats", so no need to worry about bad oils—and this diet is sugar free. So, I don't see any point in making them part of the food group, because you really shouldn't eat them anyways. Yes, I'm sure there will be times you do eat those foods—but it isn't anything that is needed each day.

Veggies & Fruits: You can't eat enough or too many of either of these. Some studies suggest that eating fruits and vegetables as part of a meal should always be eaten first in order to improve digestion. The important thing is to get both—don't eat just fruits or just veggies. 2-3 servings of each a day is a good minimum—but if you can go for more veggies anytime you are hungry.

Examples: *Tomatoes, Spinach, Kale, Broccoli, Brussels Sprouts, Asparagus, Cauliflower, Avocado, Leafy Greens, Carrots, Peppers, Apples, Citrus Fruits, Peaches, Grapes, Strawberries, Raspberries, Blackberries, Bananas*



Proteins: Proteins include any food that is primarily protein, such as nuts, meat, eggs, beans and milk. Some people can be sensitive to proteins found in milk and eggs. When eating animal products, such as eggs or meat, only choose organic products and look for foods which are grass fed or higher in Omega 3's. If you do decide to include milk in your diet—go for the whole fat milk simply because that fat is needed. Most people only need 2-3 servings of protein to match the amount they need, and skip on protein powders—your body can't digest them.

Grains: We usually know foods like wheat and rice are grains, but there are actually many others that we should try. Combined with grains are also foods that have a high starch content, such as corn and potatoes. While technically they seem like vegetables, they are used by the body more like grains. Other grains include Amaranth, Quinoa, Buckwheat, Oats, Rye, Millet, Sorghum, Barley, and Tapioca.



Are the Foods You Eat Making You Sick?

More and more people each day are wondering—and often later discovering—that foods they love and crave and eat all the time, may actually be foods causing them to feel sick. I am one of these people, who would have never thought in a million years that I might be sensitive to wheat or milk products. However, after going several weeks without either and then reintroducing them into my diet, I found they actually made me feel quite horrible anytime I ate them! When I eat products containing wheat or gluten, a protein found in wheat, I typically develop a cyst within a few hours. When I eat milk or dairy products, my ears and nose become so clogged I feel like I've come down with a bad head cold.

These days, many people have common chronic complaints of symptoms that are often just attributed to a busy lifestyle, stress, germs, or not getting enough sleep. However, I suspect for many people that symptoms such as nasal congestion, unexplained rashes and acne, mood and behavioral disorders, stomach and digestive problems may all be attributed to food intolerances. When your body is in attack mode against the foods you are eating, it can't get all of the nutrients it needs, nor can it perform its best to keep you healthy.

Diagnosing a food intolerance or allergy is no easy task, and should generally be done with medical supervision before changing your diet, since diet changes can affect the results of tests performed. Other people may want to check themselves for food allergies by following a strict elimination diet and then gradually reintroducing problem foods to see if a reaction occurs. In either case, talking with someone who specializes in food intolerance and allergies is a good idea. Most mainstream doctors do not think food causes problems, so you may need to do some homework in order to find out for sure.

The most common trigger foods for most people include foods such as wheat, soy, milk, nuts, eggs, and fish. Corn can sometimes be a trigger for some people, as well as many other foods you may not suspect, such as seemingly innocent foods such as beef, pork, or even lettuce and spinach! Often times, the foods you crave are often the ones that actually cause the problems, since they release an antihistamine response in your body which your body in turn becomes dependent on. Many times people who claim to be “addicted to food” may actually be fighting a food intolerance issue.



Common Food Intolerance Symptoms

- Eczema, Dry Skin
- Unexplained Rashes
- Nasal Congestion
- Stomach Cramping
- Irregular Bowels
- Brain Fog
- Chronic Fatigue
- Yeast Infections
- Difficulty Losing Weight
- Vitamin/Mineral Deficiencies
- Gas/Bloating

Symptoms will vary from person to person, and obviously may be for other conditions. A doctor experienced in diagnosing food intolerance can help you decide whether testing or an elimination diet is right for you.



Grains, Starches, and the Gluten Puzzle

When it comes to eating grains and starch foods, there is a lot of debate on what actually is best for us. The carbohydrate controversy, as well as the popularity of gluten free diets, doesn't make any of it any less confusing. This diet is designed to be gluten free, and I'll do my best to explain why here.

Gluten is a protein that is found in wheat, barley, and rye. Most of us have a diet that is laden with wheat products. The average American consumes over 133 pounds of wheat a year! Foods you would never even expect to contain wheat often do, and even if you read the labels and do not see wheat as an ingredient, that does not necessarily mean it is gluten free. Some companies are labeling foods as gluten free, which is helpful. However, since there is no standard, it's hard to know for sure what the gluten content may actually be.

Some people, especially those who have been under a stressful situation or an extended period of antibiotics, are more prone to be intolerant of gluten than others. Being sensitive to gluten can cause many symptoms, such as eczema, stomach pain, irregular bowels, bloated stomach (think starving Ethiopian), nasal congestion, "brain fog", acne, dark or puffy circles under the eyes and many other issues. In the case of Celiac disease, the villi in your small intestines deteriorate due to gluten, which makes it virtually impossible for you to get nutrients from the foods you eat. Vitamin and mineral deficiencies are very common in those who have this condition.

In order to be tested, you must do it before eliminating gluten from your diet for accurate results. However, even those who do not test positively may still want to consider eliminating it from their diet to see if they notice an improvement.

Beyond possible intolerance issues, there are many other reasons to consider cutting wheat out of your diet. Many people eat wheat at nearly every single meal—which means also NOT eating many good for you foods such as fruits and vegetables instead. Wheat can also be tough on the digestive system for many people.

Another interesting thing to consider is how animals react to being fed a grain based diet. Cows who are fed grain based diets are more likely to become sick (hence the need for antibiotics). The meat also has a higher ratio of "bad fat" compared to leaner grass-fed beef. Some people believe that we as humans are not meant to eat wheat, since if we were "cavemen" it would be impossible for us to even eat it.

Another concern about wheat and other grains is the effect they often have on the body's blood glucose levels. Refined grains, missing the fiber and nutrients to slow down the release of sugar into the bloodstream can cause many people problems with sugar addiction and sweet foods cravings. Corn syrup is another big concern for many people, because it is added into so many processed foods.

My conclusion on grains is you should avoid ones that make you sick, and they aren't absolutely essential to a diet high in fruits and vegetables. Whole grains are better for you than refined ones, but only if your digestive system can handle them!

It's ultimately up to you whether you cut out gluten or get tested for gluten intolerance, but I will tell you this: I don't miss it one bit. After seeing what a difference it made in my life after going gluten free, it's been well worth it. I "never had any problems" eating wheat—until of course I gave it up for over 2 months. These days I avoid it completely, and enjoy grains such as rice, oatmeal, corn, and potatoes sparingly.

Why Milk is NOT a Food Group



This diet is also milk and dairy free. Trust me, I did not want to give up milk products. I thought, *Life without cheese, are you kidding me?* But after seeing huge differences without it, it's worth it to me. Dairy is much easier to notice a difference in compared to gluten when you eliminate it from your diet, so usually just after 7 days dairy free you will know if you are intolerant to it. After I gave up milk, 10 pounds I was not even trying to lose melted off my body in just a week or so!

It's estimated that over 75% of the population is lactose intolerant. Some people may also have an autoimmune response to casein or whey, the two proteins found in milk products. I was quite shocked to discover the things I learned while researching dairy products. With dairy being one of the main food groups of the USDA Food Pyramid, I always believed that milk products were essential for good health. I'm sure that you, like me, can recall those commercials of "Does a Body Good". But if your body can't digest it properly or is fighting against it, guess what? It's not good for you at all.

Beyond potential intolerance issues, there are even more reasons why I no longer consider dairy essential. Cows are fed poor diets and are often pumped up with hormones and antibiotics. Nursing mothers need to take extreme care in what they eat because of how it can affect their milk quality, but this same care is not taken to make sure that the milk from cows is safe. Pasteurization is another issue that causes some controversy—when the milk is heated, naturally occurring enzymes are lost. I also used to think skim milk was better because of its low fat content. Unfortunately, we need that fat in milk in order to absorb the minerals and nutrients—otherwise it could potentially cause additional strain on an already overwhelmed body.

The primary reason for us to quit milk was due to my kids having ear infections about every month or so. Milk causes mucous to thicken, which can make you much more likely to have recurring sinus and ear infections. Since going dairy free, my kids have not had a single ear infection!

Go one week without milk and then after 7-10 days, try a small amount of milk to see what happens. You may not notice any difference, and if that's the case, then you can likely continue to enjoy organic dairy products in moderation. However if you experience stomach cramping, nasal congestion, dry skin, or other symptoms, it's likely that you should probably avoid dairy completely. You will need to avoid all obvious milk, such as cheese, yogurt and ice cream, but also buttermilk, butter, and whey protein powder. If you do continue to drink milk, you should only choose products that are organic and raw so that you get the best nutritional content.

For milk substitutes, I have found that coconut milk works great for cooking and baking and the rare occasion I have a bowl of gluten free cereal. This diet is soy free, so you will also want to stay away from products such as soy milk and soy protein products and others unless they do not contain soy. A quart of coconut milk typically lasts us about a week or two. If you are worried about nutritional value, eat plenty of green leafy vegetables such as spinach and kale and get outside into the sunlight—that is even better for you than milk! There are also many fortified orange juices that can have the equal amount of vitamins added as milk.

Why Soy is NOT a Health Food



For many years, soy was touted as a “health food”. This is hard to believe when you consider that soy is usually an ingredient in foods like potato chips, margarine, vegetable shortening, and many others. If soy is healthy for you, people who love potato chips and deep fried foods should theoretically be a picture of health then, right? Well, you likely know deep fried foods and potato chips aren’t good for you, so why would other foods containing soy be healthy for you?

Today’s highly processed food supply is full of soy. It is so hard to avoid soy if you are not careful. Most labels will list it clearly if a product contains soy, but you can’t always trust food labels. Soy beans may have been okay in their original state at one point, but now that it saturates so many processed foods, it’s better for many people to try to avoid it when possible.

Soy is also one of the top 8 most common allergens. If you’re someone who frequently craves fried foods, margarine, tofu, soy based milk, or other foods that contain soy, then it is possible you could have a sensitivity to soy and not even realize it. Many vegetarians and vegans often struggle because they *think* that they are eating healthier by giving up meat, yet I know many overweight vegans and vegetarians. The reason for this could quite likely be due to soy and eating over processed and refined foods.

Finding truthful, reputable, unbiased, and conclusive studies on soy is a challenge. Some will say it is good for lowering cholesterol—and yet other studies show high cholesterol is a good thing! One study will say soy causes thyroid problems, another is quick to say it’s not the case. Some studies show that soy will prevent cancer, others show that it can cause cancer to rapidly spread and grow.

Because we can’t really trust the research, it’s hard to say what the story really is behind soy. What I do know is I wouldn’t want to drink a bottle of vegetable oil, so I’m not too keen on drinking soy milk either! Not to mention, soy milk is highly refined & processed, often with sugar added.

Those who often have the hardest time with soy products are those who are vegan or have milk intolerances issues, since soy is a popular replacement for dairy foods. Many children who were given soy formula replacement substitutes are likely to develop an intolerance to some degree.

Since this diet eliminates processed foods, it will likely be pretty easy to tell what foods are soy free or not. However, you’ll still need to be careful of a lot of supposed organic and healthy foods. Soy protein powder, soy milk, tofu, soy yogurt, margarine, vegetable oil, and examples of foods to avoid. Coconut or almond may be better solutions.

Is Meat Good or Bad for You?



It is really hard for me to say for certain whether eating meat is good or bad for you. There is so much conflicting information on this, it's too hard to decide. For this reason, I leave it up as a personal decision for most people. Some people who have multiple food allergies or certain health conditions, for example, may need to eat meat because it contains nutrients their bodies need. Other people may not want to eat meat because they feel like it is wrong to kill an animal. Some people may even be allergic to meat.

What I do know, is if you want to eat it, you need to make sure it is organic and grass fed. Not only does it taste noticeably better, but it also does not have extra hormones pumped into it, and the animals are not treated with antibiotics. There is also a lot of concern about animals who are fed a grain based diet, particularly cattle. This changes the fat content in the cow and overall is not nearly as healthy as a grass fed cow.

What About Eggs?

Some people are allergic to eggs, so that is something to consider also. If you can eat eggs without any troublesome side effects, then you need to go for the best eggs available. Ideally, you should eat fresh, organic eggs whenever possible. There are arguments against caged eggs and free range eggs, so it is really up to you and research and decide what you think is best. I personally buy free range eggs, but only because those chickens are fed the better diet and therefore the Omega 3 content is higher. If you truly want good eggs, you should learn how to raise a few chickens yourself and treat them well or find a local, small scale farmer who does. (But don't expect to have a constant demand of them—most commercial manufacturers manipulate egg laying through light exposure to chickens.)

What About Fish?

There are many health benefits of fish such as salmon, because they are a high source of Omega 3 Fatty acids which our bodies need in order to be healthy. Fish is also very easily digested for many people. Unfortunately, much of our salmon sources are contaminated. Your choices are usually wild caught salmon or farm raised salmon. Wild caught salmon do not have antibiotics administered to them, but they do have a high potential for being contaminated with mercury, which can cause a lot of irreversible health problems for many people. Farm raised salmon is often less contaminated with mercury, but these fish are kept in such bad conditions that they are often treated with antibiotics and food coloring is added to give it a pink color. If you enjoy fish, go for lower mercury fish such as sole, tilapia, crab, or cod and eat sparingly, no more than once or twice a week. Again, it's a case of weighing the risks and the benefits.

What Should I Eat if I Don't Eat Meat?

Plenty of vegetarians survive just fine without meat and some scientists suggest that humans have a digestive system better fit for vegetarian diets. There are some health benefits in these foods, but due to the way these animals are raised and treated, it is not necessarily worth the potential risks.

If you decide to not eat meat, your diet should include black beans, pinto beans, white beans, red beans, and others. Most are okay for most people to eat when cooked properly and pack a lot of protein, fiber, and antioxidants.

Understanding Fats & Oils

Most of us think that fat and oil are bad for us, but most of us also don't know enough about fats and oils to know why this is or isn't true. You almost need a chemistry degree to understand fats and oils, but I'll keep this short, sweet, and simple.

Our bodies need fat. Our brain depends on it. Specifically, our body needs what are called fatty acids, like Omega-3 fatty acids. If we don't get enough “good fat” our body uses and stores the bad fat, which can lead to health problems. There's a health crisis right now concerning the ratio of Omega-6 fatty acids and Omega-3 fatty acids. We get way too many Omega-6 fatty acids, and not nearly enough of the Omega-3 fatty acids, so the ratios are all out of proportion.

Fish are one of the better sources for Omega-3 acids, but unfortunately contaminants are a very big concern with this. Algae seems like a safe bet, but it's even more likely to have high levels of mercury. Fortunately, there are many plants that are good sources of Omega-3's. Flax seeds, chia seeds, walnuts, green leafy vegetables, raspberries, and many others can all help you get the right amount. Farmers are starting to feed their animals a more natural diet to help improve the Omega 3 fatty acid content in beef and eggs.

Our body also needs to burn fat in order to create energy. One of the best types of fat for this are medium chain fats, such as those found in coconut, palm oil, and milk. This fat is easier to digest, and so immediately is burnt without the same amount of work it takes to burn fat from other sources, which can be hard to digest. For this reason, many doctors actually prefer butter over margarine, which is usually made from bad fats—the types of fats which do not digest easily, and therefore often end up getting stored. Many people believe that drinking whole, raw milk will help you lose weight much easier than drinking skim milk for this reason!

Most people are concerned about types of fats – trans fats, saturated fats, unsaturated fats. I promised not to bore or confuse you, so let's leave it at this: the only ones to worry about are trans fats. These are fats that have been altered, usually due to high processing. The key words to look out for here are “hydrogenated” and “partially hydrogenated” oils and fats. These unnatural fats are difficult for some to digest and put you at a much greater risk for heart disease and cancer than other types of fat, even “saturated” fats.



In short, here are the fats to eat:

Nuts, Avocados, Coconut, Olive, Organic Butter (unless on a dairy free diet), Grass fed Animal Fats (unless going Vegetarian), High Omega 3 content eggs, oils that are cold pressed (they don't become rancid), flaxseed

And these are what to avoid:

Soybean oil, lard, shortening, margarine of any sort, cottonseed oil, vegetable oil, canola oil, and remember even “good for you” fats can become bad for you when they are hydrogenated or heated beyond their smoke point.

This may not be the most accurate explanation of fats, but it covers the basics in an easy to understand way. To learn more specific information about fats and oils, don't forget to check out the Resources Page at the end of this book.

Overcoming Sugar Cravings



I hope you were paying attention on the last page about how the body needs fat for energy. Our bodies are amazing in the way they can use many different things for energy—be it sugar, proteins, carbohydrates, or fat. (It's generally believed by athletes proteins and carbs are the best.) However, the body has a preference in the order of which things it will burn. Since sugar is absorbed quickly, the body will use sugar first—thus storing the others, which causes you to be overweight.

When we burn sugar for energy, our body wants more sugar, and you've probably heard the term "sugar high". It can be a vicious cycle, and the only way to get your body to burn the other foods as better energy sources instead is to reduce sugar in your diet as much as possible. Another big problem with sugar is the effect it has on your blood glucose levels. Being tired, cranky, irritable, and craving more sugar is often a result of the dips and peaks in blood sugar (and your body uses it for short term energy). When you cut out sugar, it can greatly help you keep this in check. Sugar also adds calories you don't really need, so reducing sugar will also naturally reduce the number of calories you consume each day.

The only sugars that are okay for most people are those that occur naturally in fruits and whole grains—and even these when refined and processed are not good. There are also people who are sensitive to fructose, and so if you believe that may be the case, you should consult with your doctor. Excessive sugar consumption not only makes it difficult to lose weight, but can also increase your risks of diabetes, heart disease, a weak immune system, tooth decay, and other problems.

Here are some tips to stop sugar cravings:

No More Soda: A 16 oz soft drink may have over 60 grams of sugar! Even diet soda isn't very good, because of all the chemicals. Water with lemon or tea are all much better choices if you're not one of those people who likes the taste of water.

Use Natural Alternatives: Sugar isn't good for you, but chemical alternatives certainly aren't any better for you. Maple syrup, fresh fruit, honey, agave nectar, and stevia are natural alternatives available, but these can be just as bad in excess. Stay away from any sorbitol or sucralose based substitutes—they can cause stomach pain.

Eat Fruits & Grains Separately: Grains, especially refined grains, are often processed just like sugar. If you cut out wheat you won't have to worry about this much, if not, pair with proteins or veggies.

Learn Hidden Names for Sugar: Since this diet eliminates virtually all processed foods, hidden sugar shouldn't be much of a concern. But watch out for words like malt, fructose, juice, and syrup. Most nutrition labels will show the amount of sugar per serving – you can often use that as a guide, even if you don't see it on the label.

Replace the Habit: Sugar can sometimes be a hard habit to break. Maybe you always put sugar in your coffee or on your cereal. Maybe at work you always get a snack out of the vending machine. Changing your habits can make this easier. Instead of coffee in the morning, try a glass of orange juice or a smoothie. Bring plenty of snacks with you to work so that vending machine doesn't look so tempting.



Grocery Shopping Tips

So the hardest thing about starting any diet is realizing how many foods in your kitchen you can't eat and trying to figure out what you should buy to eat. Many people for this reason when starting a new diet decide to slowly faze into a diet, since no one wants to see groceries go to waste or spend a lot of money at the grocery store replacing everything with a healthier version.

It was a tricky adjustment for my family, so I decided to share some ideas and tips to help make it a little easier for everyone.

Empty Your Cabinets: Okay, so I know in your cabinets there are foods you should definitely not eat. Everyone has some junk food hiding somewhere. Pull out all of the boxes and cans. Read the ingredients. If it follows the "I can spell, pronounce, and identify it" rule, keep it. If it's unopened, make a box to donate to food banks. If it's opened, see if anyone in your family will eat it.

Make a List of What You'll Eat All Week: I'm going to give you some ideas for foods you can eat each day, but it's up to you to create the meal plan. The biggest reason for this is everyone has different likes and dislikes when it comes to the foods they want to eat. The most important thing is you eat something for breakfast, something for lunch, and something for dinner. For example, I might decide I'll have smoothies everyday for breakfast, leftover dinners for lunch, and then decide various dinner meals. Or, sometimes I'll pick out other stuff for lunch. If you follow the rules of no wheat, no dairy, and no preservatives, you can be pretty flexible in what you decide to eat. (Just don't go crazy on the grains—try to eat vegetables!)

List the Ingredients: Now that you have a list of foods you'll be making and eating throughout the week, you'll want to write down the ingredients you will need. This will be your shopping list. Some grocery stores will have the ingredients you need, others you may need to venture to specialty stores, such as Whole Foods, and other. If you're in the states PA, OH, MD, or WV, you may want to look for Giant Eagle stores—they have a nice selection of gluten free, all natural foods.

Basic Staples: Your initial shopping trip may be a little more expensive, because you'll want to have some basic staples on hand. Getting things such as coconut milk or almond oil or some gluten free flour blends for example will typically last awhile, but at first it may seem pretty expensive. Often shopping online can help you find the best deal for things like these that you can wait a few weeks for.

To save the most money, get lots of vegetables and fruits if in season. Don't be tempted by the expensive gluten/dairy free junk foods—you can not only make much better tasting things from scratch, but you don't really need them anyway! If you're in need of convenience foods, invest in an inexpensive blender that can help you make quick smoothies anytime. Three minutes and you've got a nutritious and delicious thing to eat—and it's ultra portable, too! You can get a blender for \$20 at most retail stores (though as the price goes up there are some with many more nice features!)



Simple Meal Ideas

I like simple things. I'm not a gourmet chef. I have three kids, so I don't exactly have a lot of time to eat. But I try to make sure that every meal is as healthy as it can be.

Breakfast Ideas

I start off almost every single day with a smoothie where I combine fruits & veggies in a blender. I tend to shy away from grains in the morning, I notice they can make me feel tired later.

It's easy to do: take your favorite fruit, combine it with some salad greens (spinach, kale, arugula, or romaine all work well). Bananas, Oranges, Pineapple are all good ones to start with. If you don't have a lot of time, try mixing orange juice with baby spinach—yes, it is bright green, but it actually tastes quite good. This is kind of a trial and error process—but eventually you're bound to find one you like. Sometimes I'll toss in coconut milk, milled flaxseed or berries too. This is one of the best things to make in the morning—it gives me way more energy than coffee. Better yet, it only takes about 3 minutes to make. If mornings are always rushed for you, prepare the fruits the night before so all you have to do is toss in the blender and turn it on. Best of all, it's super portable, so you can take them on the go for school or work. (I've found this to be an incredible way to sneak some veggies in on my kids!)

In addition to the smoothie, or if you want something different, here are some other ideas for things to eat:

Omelet with veggies

Coconut/Milk Yogurt with sunflower seeds

Gluten Free Cereal w/coconut milk

Gluten Free Oatmeal with fresh fruit and nuts

Lunch Ideas

Chicken Salad & Vegetables, Allergen Friendly dressing or lemon juice

Lettuce Wraps

Corn/Rice Tortilla roll ups with veggies

Fruit and Veggie Smoothie

Vegetable stir fry with brown rice or brown rice pasta

Bean burger with avocado spread and salsa

Fruit and Walnut Salad

Black Bean Salad

Vegetarian Vegetable Soup

Baked potato with veggies or meat

Sliced turkey and Carrots

Dinner Ideas

Chili

Steak/Chicken & Vegetables (if you eat meat)

Steamed Zucchini and Squash with Tomato Sauce

Gold potato and kale (or leek) soup

Salads—Big green leafy salads!

Grass-fed beef hamburgers (no bun)

Tacos made with corn/rice tortillas, no cheese or sour cream

GF Cheese Free Veggie Pizza

Stuffed Pepper Soup

Gluten Free Pasta with veggies

Cod baked w/lemon and garlic and asparagus

Snack Ideas

Dried Fruits, Nuts & Seeds

Fresh fruits & veggies

Salsa & Veggies

Coconut Yogurt



Quick & Easy Recipes

My recipes are quick and easy. I don't have a lot of time to spend in the kitchen, and so this makes it even easier to follow a healthier diet.

Smoothies

I could make smoothies all day long. They are surprisingly filling, also. The key is to pair fruits with vegetables so you get the most nutritional value. For all of these recipes, just combine the ingredients in a blender until they are all blended. If you need more liquid you can add more or add water until you get the consistency you want.

Green OJ

1 1/2 cups orange juice
1 big handful of baby spinach

Tropical Blend

1 cup coconut milk
1 cup pineapple juice
1 banana
1 big handful of greens

Tomato Squash

You will need:

1 can tomato sauce
1 zucchini, sliced into pieces
1 small yellow squash, sliced into pieces
1-2 cloves Garlic

Combine all ingredients in a saucepan and cook on medium low heat until heated through. Serve with a fresh salad on the side.

Strawberry Banana (A Classic!)

1 cup coconut milk
1 banana
1 cup strawberries
1/2 cup blueberries
1 big handful of greens

Pizza Only 140-200 calories a slice, and full of flavor and nutrition!

For the crust:

[Chebe pizza crust mix](#) (check health food stores)

5 tablespoons coconut milk
2 eggs
2 tablespoons of high heat oil

Toppings

1 small can tomato sauce
1 orange pepper
1 cup baby spinach
1/2 onion
2-3 cloves of garlic, minced
Optional: Nitrate free pepperoni (adds about 60 calories)

Mix pizza dough according to package directions, adding in milk, oil, and eggs and then spreading flat on a pizza pan and bake for 10-12 minutes. Spoon over sauce, then add all of your toppings, bake another 8-10 minutes or until sauce is bubbly.

Black Bean Salad

You will need:

1-2 cups your favorite lettuce blend (romaine/spinach)
1 can black beans, rinsed and drained and/or
1 cooked hormone/antibiotic free chicken breast, sliced
Your favorite fresh salsa (tomatoes, onion, lime, cilantro, pepper, etc.)

Top lettuce with beans, chicken, and salsa and enjoy!



The Basics of Exercise

The first time I tried to exercise at over 200 pounds, I thought I was going to die. I wasn't doing anything difficult – I think it was a 10 minute workout video on my TV. But I couldn't do it. I felt sick. I couldn't breathe. My body ached.

Getting back in shape is so hard to do. We spend a lot of time sitting – sitting in the car, sitting at a desk, hanging out on our computers. Modern convenience has also made us very lazy—we take elevators instead of the stairs and have remotes for nearly everything these days.

There are a lot of conflicting opinions on how much exercise is good for you and what kinds are good for you. I've decided the best thing to do is to try to get some physical activity every single day and shoot for at least three days a week of 30 minutes of aerobic exercise. The more you exercise, the sooner you will see results. It's important however not to push yourself too hard—an injury can put you right back where you started if you're not careful!

So What Exercises Should I Do?

If you're confused as to what kinds of exercises you should be doing, that's okay. The best exercises are cardio/aerobic exercises because they get your heart and lungs pumping and often workout your entire body. These types of activities are ones such as walking, jogging, climbing stairs, riding a bicycle, dancing, swimming, or doing an aerobics video. Once you get the basics of aerobics down and find something you really enjoy, you can then start adding in strength training to your routine, such as lifting weights in addition to aerobic exercises.

If it's within your budget, and it's convenient for you, looking into a personal trainer or taking classes at your local gym is never a bad idea—but it has to be something you'll really enjoy.

The key to all of this is it MUST be something you like to do. If you hate the exercises & activities, you're not going to have the motivation to keep up with it!

Need some Inspiration? Here are a few ideas:

- Kickboxing classes
- Tennis
- Cycling
- Walking/Jogging
- Swimming
- Softball
- Baseball
- Soccer
- Football
- Rowing
- Kayaking
- Skiing
- Hiking
- Skating
- Dance Lessons
- Martial Arts
- Ice Skating
- Skiing
- Zumba
- Pilates
- Yoga
- Classes



Tips for Staying Motivated

It can be really hard to stay motivated on a diet. Sure, you might be able to commit to it for a week or two, or maybe even a few months, but eventually for many of us it's so much easier to just fall back into our old eating habits.

This diet especially is one that takes some dedicated and motivation, because going gluten and dairy free isn't exactly the easiest thing to do, especially if you end up finding yourself surrounded by off-limits foods all the time. Some people will sadly never try this diet, just because giving up wheat and milk and things they would rather not do, saying it affects their "quality of life". Well, to me, the quality of life without these foods is actually much better—I'm awake and energetic long enough to actually enjoy the day!

I'm not exactly the most motivational person around (I'm not that "Peppy-you-can-do-it" type) - but I do have some ideas to help you:

Enlist Friends & Family: Having supportive friends and family always makes it easier. If two or more of you are following the same diet, that is a lot easier than only one person. I had a few friends to turn to that had experience in gluten free & dairy free cooking and others who didn't mind helping me stick to it. If exercise is the hard part for you, try to find a friend to take a class with or start a new routine. No friends? No family? Start meeting new people.

Get in a Routine: Routines make it a lot easier to do things because as we all know, habits are hard to break. Instead of keeping old bad habits, try to start a new, good habit. I have a set routine for how I start the day, end the day, and what days I do what activities, whether it be exercise, work, or run errands. This makes it all much easier to manage.

Track Your Progress: Tracking your progress is a good way to stay motivated, because when you see you are reaching your goals you are more likely to keep at them. Weigh yourself once a week, write it down when you notice your pants are starting to become a little loose, make notes of when you feel fully awake and with energy.

Learn, Learn, Learn: The more I learned about food, the more interested I became in eating healthier and finding healthy alternatives. Research things online, check out books from your library, talk with others who have done a similar diet as you. The more you learn, the better equipped you are to make a positive difference in your life.

Enjoy Life: Concentrating only on food or weight loss might seem helpful at first, but eventually it's going to get boring. You can't hyper focus just on losing weight or eating healthy, because otherwise you might miss some of the other things that make life fun. Start a hobby, hang out with friends you haven't seen in awhile, make a list of things you want to do someday, and start doing them!

Celebrate Success: Even the smallest success, no matter how important it may seem to anyone else, is worth celebrating. Whether you want to brag about it to your friends on Facebook or Twitter, or decide you deserve a special treat such as a massage or relaxing bath—these little celebrations will keep you going. Sometimes making a list of possible rewards when you meet your goal can be helpful, too—maybe you'll get a book or do something special to celebrate.

There you go—6 practical ways to stay motivated and make a commitment to change for a better life. You CAN do it. Really. (I did!)

Now Get Started!

Now that you have an idea of how the Lose Free diet works, what foods to eat, and even a couple of my favorite recipes, I hope you're ready to start working towards a healthier and happier you!

Here's a Quick Review of What You'll Need to Do:

Eat Natural Organic Foods: Change the way you shop. Buy fresh foods and foods that don't have any chemicals, preservatives, or artificial colors and sweeteners. If eating meat, choose grass-fed, antibiotic and hormone free varieties when possible.

Avoid Milk, Gluten, & Soy: These are the three problem foods for losing weight, and many people have intolerances to them and don't even know it! You should consider talking to your doctor about being tested, or try going without these foods to see if it makes a difference in your health and mood.

Avoid Sugar: Sugar and refined grains can start you on a vicious cycle of cravings. Stop drinking soft drinks and stay away from foods that have added sugar. Remember sugar substitutes are no better, so avoid those whenever possible as well.

Be More Active: Make sure you exercise at least three times a week. Consider taking up a class or new sport or activity you enjoy to help keep you motivated.

Stay Motivated: Ask friends or family for help, celebrate your successes, and track your progress to help you make a change for your life.

Once you start doing these things and you've developed a positive mindset, you'll be amazed at what a difference it makes in your health and wellness!

If you decide to follow this diet, I want to hear from you and the results you've experienced. This diet works perfectly for me—but the only way I know it helps others is if you tell me about it! So feel free to drop me a message or a line anytime [here on my contact form](#).

And of course, if you're happy with this diet and find that it has really made a positive improvement in your life, don't forget to share it with others. This ebook is 100% free to share and download as long as it remains in its original form unaltered.

If you haven't already, don't forget to [subscribe to LoseFree.com](#) for free articles on staying motivated, busting diet myths, and other helpful information on staying healthy as well.

What are you waiting for? Today is a great day to change your life now!



Resources

A resources section seems necessary because there is more information than I can fit in this book! For that reason I've decided to include some of my favorite books as well as various sites where you can find more information on the things I've covered in this ebook.

For Information on Fats & Oils

<http://preventionisbest.com/site/saturatedfat.html>

<http://www.umm.edu/altmed/articles/omega-3-000316.htm>

Food Lookup

<http://whfoods.com/>

<http://www.nutritiondata.com/>

<http://www.nal.usda.gov/fnic/foodcomp/search/>

Information on Food Intolerance

<http://glutenfreetoolbox.com>

<http://celiac.com>

<http://www.godairyfree.org/>

<http://www.mercola.com/article/soy/index.htm>

Grass Fed & Organic

<http://www.texasgrassfedbeef.com/> (read the articles on the site)

Other Interesting Articles

<http://mdheal.org/leakygut.htm>

<http://simplysavemoney.com/>

My Favorite Books

I've read a lot of books with some really great recipes. These are a few of my favorites you might want to check out. You can also check to see if any of them may be available in your local library.

[The Gluten Free Vegan](#): Some really great recipes here and helpful when you're first getting started in gluten and dairy free eating.

[Gluten Free & Dairy Free for The Frugal and Lazy Cook](#): Do you hate to cook? Don't want to spend a ton of money on health food? This is a must read book for you then—very simple recipes and ingredients.

[The Complete Guide to Gluten Free & Dairy Free Cooking](#): Another book filled with recipes, these ones are a little more "gourmet" but actually not too difficult to make.

[The Spunky Coconut Cookbook](#): If you're someone who has to have cookies or ice cream on a gluten, dairy, sugar free diet, this book gives you some great starting points for recipes. It's a little on the pricey side, but I like that it includes lots of pictures.