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Weight Be Gone

Lose weight the right way (A personal guide to losing weight and keeping the weight off this can be used by anyone- truck drivers, people who travel a lot, or the everyday worker)

First step is to cleanse for a week. Do a good herbal cleanse of the digestive system. During that cleanse eat light for example (salads, smoothies, baked fish or chicken, soups, broth)

Suggested cleanses- CKLS, 7 day cleaner, bitters(black seed, moringa or soursop), dieter's tea, or ballerina tea

Along with the cleanse suggested products to help- Mucus buster or Parasite cleanse powders

Second step is to take products that aid in weight loss like fat metabolizes, fat burners, appetite suppressors.

Suggested products- Trim support, Par-K-Slim, Appetite formula, Mega hoodia

Along with one of the weight loss aid products take a probiotic to rebuild healthy bacteria

Third step is to change your eating habits.

Suggested foods to eat- Do warm lemon water every morning, Do apple cider vinegar and water, smoothies every day or at least 3 days a week.

Fast for about 3 to 4 hrs. everyday. If you feel hungry during those FASTING hours snack on raw energy snack, cashews, or dates.

Drink good water with minerals in it at least 64oz or more day.

Try not to eat after 7pm.

Eat plenty of good non GMO fruits and vegetables

Limit the meat intake if you eat meat make sure to get grass fed, non gmo, organic, no hormones, no antibiotics, no pesticides

Metabolism Boosting Smoothie

Eat baked chicken and baked fish

NO FAST FOOD RESTAURANTS

Fasting is a big part to weight loss. Try to fast every month at least 2 or 3 days or 1 day a week. Start off slow just fast for a couple of hours day then build your way up to a whole day.

If you fast, cleanse, eat right you will not have to worry about weight gain ever again. This is a lifestyle not a diet. This is a way of life to live your best health. You only have one body so treat it good and it will be good to you.

In addition other things that aid in weight loss- Pray and meditate, light exercise, riding bikes, walking, etc.

- 2 cups of fresh fruit or frozen
- 1 banana (cut, peeled, frozen)
- 1 orange (peeled, frozen)
- 1 cup pineapple chunks (frozen)
- 1-2 pieces of ice
- 10 grams of protein powder

Instructions

1. Add all ingredients to a blender, starting with liquids and powders, and adding frozen fruit last, and pulse until smooth.
2. Blend until nice consistency. Add more green tea or water if you like a thinner smoothie.
3. This recipe makes 2 smoothies, because I have found it is easier to blend 2 portions rather than just one giant blender. If you did make something to share it with, freeze half and drink it the next day. I find this recipe is still great if I let it sit out for about an hour before I drink it, and my week.

Ingredients

Calories: 220kcal | Carbohydrates: 65g | Protein: 20g | Total Fat: 5g | Cholesterol: 1mg | Sodium: 45mg | Potassium: 750mg | Fiber: 5g | Iron: 2mg | Zinc: 1mg | Magnesium: 40mg | Vitamin C: 92.5mg | Calcium: 85mg | Fat: 2mg

Metabolism Boosting Smoothie

This combination of ingredients is sure to kick-start sleepy metabolisms. Packed with fiber, water, and protein, and tons of nutrients proven to aid with weight loss. It's a delicious combination that makes a healthy metabolism boosting breakfast!



Prep Time

5 mins

Total Time

5 mins

Course: Drinks Cuisine: American Servings: 2 Calories: 228kcal

Author: [Michelle Miller](#)



4.05 from 23 votes

Ingredients

- 1/2 cup strongly brewed green tea
- 1/4 cup coconut milk canned, full fat
- 2 cups spinach fresh or frozen
- 1 banana green, peeled and frozen
- 1 grapefruit peeled, frozen
- 1 cup pineapple chopped, frozen
- 4-5 pieces of ice
- 10 grams [whey protein isolate](#)

Instructions

1. Add all ingredients to a blender, starting with liquids and greens, and adding frozen fruit, ice, and protein powder to the top.
2. Blend until ultra creamy. Add extra green tea or water if you like a thinner smoothie.
3. This recipe makes 2 smoothies, because I have found it is easier to blend 2 portions rather than just one in my blender. If you don't have someone to share it with, freeze half and drink it the next day. I find the texture is still great if I let it sit out for about an hour before I drink it, and stir well.

Nutrition

Calories: 228kcal | Carbohydrates: 40g | Protein: 5g | Fat: 7g | Saturated Fat: 5g | Cholesterol: 1mg | Sodium: 45mg | Potassium: 753mg | Fiber: 5g | Sugar: 24g | Vitamin A: 4440IU | Vitamin C: 92.9mg | Calcium: 98mg | Iron: 2.7mg

EASY DETOX SMOOTHIE (WITH NO WEIRD INGREDIENTS!)

★★★★★

COURSE: DRINKS CUISINE: GLUTEN-FREE, VEGAN

KEYWORDS: DETOX SMOOTHIE PREP TIME: 5 MINUTES

COOK TIME: 0 MINUTES TOTAL TIME: 5 MINUTES SERVINGS: 1

CALORIES: 188kcal AUTHOR: MEGAN GILMORE



This Detox Smoothie is loaded with nutrient-dense fruits and vegetables. It tastes great and will leave you feeling full and satisfied!

INGREDIENTS

- 1/2 cup water (or orange juice)
- 1 green apple
- 1/2 cup frozen pineapple chunks
- 1/2 frozen banana
- 1/2 inch fresh ginger, peeled and minced
- 1 cup fresh spinach
- small handful fresh cilantro
- 1 tablespoon fresh lime juice

INSTRUCTIONS

1. Combine all of the ingredients in a blender, and blend until smooth. Pour into a glass and serve right away.
2. If you don't have a high-speed blender, I recommend blending the spinach, cilantro, and ginger with the water first, to help break them down completely. Then add in the fruit and lime juice, and blend again.

NUTRITION

Calories: 188kcal | Carbohydrates: 51g | Protein: 2g | Fat: 1g | Saturated Fat: 1g | Sodium: 31mg | Potassium: 663mg | Fiber: 8g | Sugar: 34g | Vitamin A: 2810IU | Vitamin C: 61.4mg | Calcium: 51mg | Iron: 1.3mg

<https://detoxista.com/detox-smoothie/>

2018

Dirty Dozen

(always buy Organic)

Clean 15

(OK to buy Regular)



1. Strawberries



2. Spinach

3. Nectarines



4. Apples

5. Peaches



6. Pears

7. Cherries



8. Grapes

9. Celery



10. Tomatoes

11. Sweet Bell

Peppers

12. Potatoes



1. Avocados



2. Sweet Corn



3. Pineapples



4. Cabbage

5. Onions

6. Sweet Peas



7. Papayas



8. Asparagus

9. Mangos



10. Eggplant



11. Honeydew

12. Kiwi



13. Cantaloupe



14. Cauliflower



15. Broccoli

Nested Blissfully

Health Benefits of Fasting

- It gives the digestive system a rest
- Can help you beat addictions
- It is a great way to start a healthy diet
- Normalizes insulin sensitivity
- Can reduce your hunger levels
- Promotes the detoxification process
- It whitens the eyes and clears the complexion
- Can reduce high blood pressure
- It can boost the immune system

How to start to change your eating habits

Suggested foods to eat: Dose warm lemon water every morning. Do apple cider vinegar and water, 1-2 tablespoons every day or at least 3 days a week

Fast for about 3 to 4 hrs. everyday. If you feel hungry during those FASTING hours, snack on raw zucchini, zucchini, or dates.

Drink good water with minerals in it at least 1 liter or more day

Try not to eat after 10pm

Eat plenty of good non-GMO fruits and vegetables

Don't eat a lot of meat if you are meat-eater. Sure to eat good fish, and good eggs. No refined sugar, no artificial sweeteners, no pesticides

VEGAN GROCERY LIST

VEGGIES



- CARROTS
- CAULIFLOWER
- BROCCOLI
- ONION
- GARLIC
- MUSHROOMS
- ZUCCHINI
- CUCUMBER
- POTATO
- SWEET POTATO
- TOMATOES
- PEAS
- ASPARAGUS
- SPINACH
- ZUCCHINI
- BELL PEPPER
- KALE
- CUCUMBER
- CELERY
- CORN

FRUITS



- BANANAS
- PINAPPLE
- MANGO
- ORANGE
- LEMON
- APPLE
- BERRIES
- JACKFRUIT
- PEACH
- CHERRIES
- WATERMELON
- SEASONAL FRUIT

FATS



- NUT BUTTER
- TAHINI
- SEEDS
- NUTS
- AVOCADO
- OLIVES

LEGUMES/ PROTEIN



- BEANS
- CHICKPEAS
- LENTILS
- TOFU
- TEMPEH

GRAINS



- QUINOA
- OATMEAL
- BROWN RICE
- WHOLE WHEAT PASTA
- WHOLE WHEAT BREAD

FRESH HERBS



- BASIL
- PARSLEY
- MINT
- THYME

SWEETENERS



- MAPLE SYRUP
- AGAVE SYRUP
- COCONUT SUGAR

SEASONING

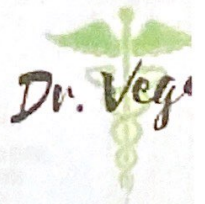


- SEA SALT
- PEPPER
- NUTRITIONAL YEAST
- GARLIC

FRIDGE



- MUSTARD
- MISO PASTE
- TAMARI/SOY SAUCE
- TOMATO PASTE
- PLANT-BASED MILK



NEW VEGAN SHOPPING LIST FOR 2018

BEANS + LEGUMES

- Black Beans
- Black Eyed Peas
- Cannellini Beans (or any white beans)
- Edamame (soy beans)
- Garbanzo Beans (chickpeas)
- Kidney Beans
- Lentils
- Peas



✓ **TIP:** Beans are vegan staple foods and can be used in savory dishes as well as sweet treats like black bean brownies.

GRAINS

- Amaranth
- Barley
- Buckwheat
- Bulgur
- Corn
- Farro
- Oats
- Rice (any color)
- Quinoa



✓ **TIP:** Use your favorite whole grains to bulk up your meals along with the other vegan staples: beans and starchy root vegetables.

SPROUTS

- Alfalfa Sprouts
- Broccoli Sprouts
- Mung Bean Sprouts
- Radish Sprouts
- Chickpea Sprouts

✓ **TIP:** Sprouts are a great way to add nutrient density and crunch to any meal. And they're cheap!

SWEETENERS

- Date Sugar
- Beet Sugar
- Organic Cane Sugar*
- Flavored Stevia Drops
- Molasses

✓ **TIP:** Try flavored stevia drops as an easy way to sweeten things without any calories.

VEGAN JUNK FOOD

- Oreos
- Takis (some flavors)
- Spicy Sweet Chili Doritos
- Most cake frostings
- Dark chocolate (without dairy)
- Some Italian ice
- Most standard potato chips
- Daiya brand Mac and Cheese boxes
- Most "fruity" candies, but avoid gelatin

ROOT VEGETABLES

- Beets (canned or fresh)
- Carrots (fresh or frozen)
- Sweet Potatoes (yams)
- White Potatoes
- Pumpkin Squashes
- Turnips
- Yucca



✓ **TIP:** Starchy root vegetables along with other vegan staples (beans and whole grains) should be used to build the bulk of your meals and make them filled with an adequate number of calories.

NUTS, SEEDS & FATS

- Nut Butter of Choice
- Flaxseeds
- Chia Seeds
- Tahini
- Sesame Seeds
- Vegan Butter

✓ **TIP:** Nuts, seeds and other fats help with absorbing fat-soluble nutrients but have a lot of calories, so you may want to use them sparingly if you're trying to lose weight.

SPICES & FLAVORS

- Smoked Paprika
- Turmeric
- Garlic Powder
- Onion Powder
- Vanilla Extract
- Ginger Powder or Root
- Basil
- Rosemary
- Thyme
- Cinnamon or Pumpkin Spice
- Cocoa Powder
- Veggie Broth

✓ **TIP:** A pre-made spice blend can make it easy to season things without much thinking so find a few that you really enjoy.

MEAT ALTERNATIVES

- Tofu
- Tempeh
- Seitan
- Mock Meats
- Veggie Burgers
- New "Plant-Meat" Burgers
- Mock Sausages
- Vegan Jerky

✓ **TIP:** Meat alternatives can be both a transition tool and a regular part of a healthy vegan diet but be careful of the ones with a lot of processed ingredients. Tempeh is a whole-food made from fermented soybeans and tofu is bean curd from soy beans formed into a block.



COLORED VEGGIES

- Artichokes
- Asparagus
- Broccoli
- Brussels Sprouts
- Cabbage (purple or green)
- Cauliflower
- Kale
- Bok Choy
- Arugula
- Bell Peppers
- Cucumbers
- Spinach (frozen or fresh)



✓ **TIP:** Colored vegetables are extremely dense in nutrients, but hard to live off alone since they're so low in calories. Use them to complement other more filling whole foods like beans, starchy root vegetables and whole grains.

CHEESE ALTERNATIVES

- Shredded Vegan Cheeses
- Vegan Sliced Cheese
- Vegan Parmesan
- High-End Fermented Vegan Cheese

✓ **TIP:** Vegan cheese brands to look for: Daiya, Chao, Miyako's Creamery, ToFurri, Go Veggie Parmesan, Follow Your Heart, Herdi Ho.

FRUITS

- Apples
- Apricots
- Avocado
- Bananas
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Coconut
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Honeydew
- Kiwis
- Lemons
- Limes
- Mandarin
- Mango
- Nectarine
- Olives
- Oranges
- Peaches
- Plantains
- Plums
- Prunes



✓ **TIP:** Consider buying frozen fruit or buying in bulk when things are on sale and freezing them. This will save money in the long run.

MILK ALTERNATIVES

- Almond Milk
- Soy Milk
- Cashew Milk
- Oat Milk
- Coconut Milk
- Hazelnut Milk
- Hemp Milk
- Flax Milk
- Non-Dairy Coffee Creamers



✓ **TIP:** Be careful of added sugar in milk alternatives. The unsweetened variety are just as enjoyable once you develop a taste of them.

HOW TO Naturally Lower

BROUGHT TO YOU BY



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BLOOD PRESSURE

Eat Foods That Lower Blood Pressure



Garlic



Kiwi



Leafy
Greens



Grapes



Bananas



Watermelon

Remove Foods That Raise Blood Pressure



Salt/
Sodium



Fast
Food



Animal
Products



Butter



Alcohol



Junk
Food