

The Weight is Over Now

42 Days to Wellness, Weightloss, and WOW!

with Roberta Mittman



RECIPE REHAB

TRY THIS...

Organic Extra Virgin Olive Oil,
Organic Coconut Oil, Organic Sesame
Oil, Toasted Sesame Oil, Grass Fed
Butter, Pastured Lard, Grass Fed
Ghee

Local Honey, Grade B
Maple Syrup, Organic
Brown Sugar, Stevia

Whole Grain Flour, Nut Flours,
Chickpea Flour, Ancient Grains
(Quinoa, Millet, Amaranth)
Wild Rice

Sea Salt, Himalayan Salt,
Kombu, Dried Spices,
Fresh Herbs, Organic Packaged
(low sodium stocks) and
Homemade Stocks

Free Range Chicken, Grass Fed Meat
Cage Free Eggs

Raw or Grass Fed Whole
Milk, Yogurt, and Kefir

Organic or Local Produce

INSTEAD OF THIS...

Oils

Canola Oil, Margarine,
Crisco, Hydrogenated Oil,
Grapeseed Oil, Palm Oil,
Corn Oil, Peanut,
Safflower, Sunflower Oil

Sweeteners

White Sugar, Corn Syrup,
Artificial Sweeteners
(splenda, equal, sweet and
low), refined brown sugar

Flours/Grains

White Flour and White
Rice

Salt and Seasoning

Table Salt and Packaged
Seasonings

Animal Protein

Conventional Chicken,
Meat and Eggs

Dairy

Pasteurized and
Homogenized Dairy

Produce

Conventional Produce

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Anti-Inflammatory Alternatives

*Here are some healthy alternatives when eliminating
gluten, dairy, soy, corn, or eggs*

Instead of breadcrumbs to coat chicken, fish, tofu or bean burgers try using **Almond Flour**.

Use **Organic Unscented Coconut Oil** to sauté or bake instead of canola oil or butter.

Try less processed sugars for baking like **Succanat, Rapadura, or Coconut Sugar**

Instead of cornstarch to thicken sauces or puddings use **Arrowroot**.

Use **Gluten Free Tamari or Shoyu** in place of conventional soy sauce.

Non-dairy milks like **Almond, Hemp, or Rice** in place of dairy milk.

Use 1 tablespoon **ground Flaxseed** mixed with three tablespoons water in place of an egg in baked goods.

For pesto try **Yellow or White Miso Paste** in place of parmesan.

For baked goods try alternative flours like **Almond, Spelt, Quinoa, Millet or Gluten free All Purpose Flour** in place of white flour

Agar Agar is a great substitute for commercial gelatin when making homemade Jello, parfaits or tarts.

Substitute soy sauce with **Balsamic Vinegar and a pinch of Sea Salt or Coconut Liquid Aminos**