

"GIVE ME **2 WEEKS** AND I WILL CHANGE YOUR LIFE."

—TANA AMEN, BSN, RN, AUTHOR OF *THE OMNI DIET*

THE OMNI DIET

LOSE UP
TO 12 LBS
IN TWO
WEEKS

The Revolutionary

70% PLANT + 30% PROTEIN

Program to Lose Weight, Reverse
Disease, Fight Inflammation, and
Change Your Life Forever

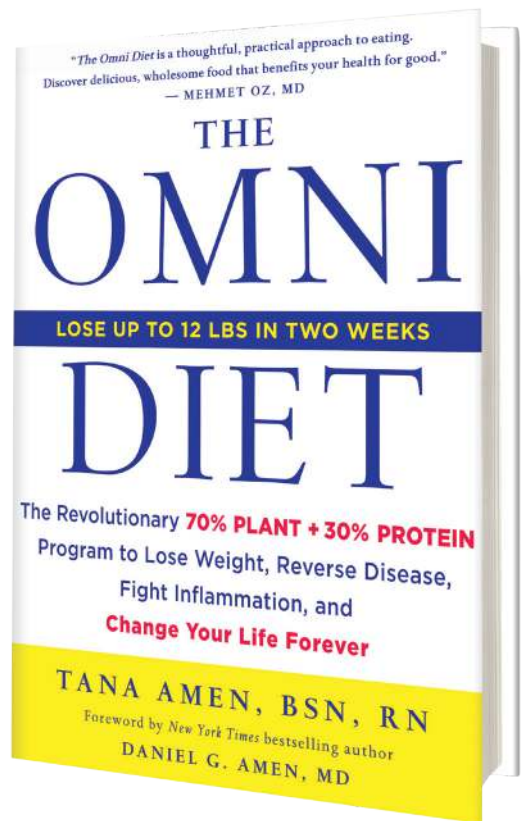
TANA AMEN, BSN, RN

Foreword by *New York Times*
bestselling author

DANIEL G. AMEN, MD



“THE OMNI DIET
is a thoughtful,
practical approach
to eating. Discover
delicious, wholesome
food that benefits your
health for good.”
—MEHMET OZ, MD



DO YOU OR SOMEONE YOU LOVE SUFFER FROM:

- OBESITY
- DIABETES
- FIBROMYALGIA
- ARTHRITIS
- IBS
- CHRONIC PAIN
- JOINT INFLAMMATION
- STOMACH/
DIGESTIVE ISSUES
- UNSPECIFIED AUTOIMMUNE
DISORDERS
- HEART DISEASE
- HIGH CHOLESTEROL
- CHRONIC FATIGUE

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INTRODUCTION:

TANA AMEN'S DRIVE BEHIND *THE OMNI DIET*

A Childhood of Illness

I love food.

As a child growing up in a low-income household with a single parent who worked long hours, I lived on Cap'n Crunch, Pop-Tarts, and frozen potpies—with ice cream for dessert. My family members suffered from obesity, heart disease, cancer, diabetes, and dementia.

Because of an undiagnosed autoimmune disorder that was wreaking havoc in my body, I suffered for years with childhood illnesses. By the age of four, I had undergone upper and lower gastrointestinal studies for severe digestive issues. A few years later, I was hospitalized for mononucleosis, and I had my tonsils removed. Frequent infections required many courses of antibiotics.

As a teenager, desperate to escape my family's medical history and my own health demons, I exercised obsessively. Like many young adults, I thought if I exercised enough, I could eat whatever I wanted. I continued to live on processed foods, refined sugar, and caffeine. I looked thin and fit on the outside, but I was a mess on the inside.

At the age of 23 I received a devastating diagnosis: Thyroid cancer that had metastasized into my lymph nodes.

For eleven years, while my friends were falling in and out of love and studying for exams and starting careers, I endured surgeries and radiation therapy. The treatments and illness came with an array of health challenges, including a serious bout of depression. By the time I was in my thirties, living with thyroid imbalances and having already suffered through so much ill health, I was willing to do anything to feel well, including overhauling my diet.

Searching for Answers

So, using the U.S.D.A. Food Pyramid, I adopted what we all thought at the time was The Perfect Diet: 6-11 servings a day of grains, rice, and pasta; 5-9 servings of fruits and vegetables; 2-3 servings of meat; and 2-3 servings of milk. And I used fats, oils, and sweets sparingly.

Before I knew it, I was back in the hospital to have my gallbladder removed. Blood tests showed I had become insulin-resistant and had high triglycerides, high cholesterol, and a hormone imbalance.

My doctor pulled out his prescription pad to scribble down the names of a myriad of medications I would need to take—perhaps for the rest of my life. I needed medication, my doctor explained, because I had been dealt a bad genetic hand.

Frustrated by my perceived “failures,” I was tempted to believe him, give up, give in, take the drugs, and accept my poor health. That’s right, I felt like a failure, a genetic reject! After all, I was a health professional. I had access to the best medical care and the latest scientific research. Why then was I continuing to struggle with my own health?

When I insisted that there had to be a better way than giving in to a poly-pharmacy plan for every symptom and risk, I was told that I was “in denial.”

Putting a Plan into Action

That’s when I knew that I was going to have to be my own brand of health advocate. I have tremendous respect for doctors who dedicate their lives to trying to heal the sick. Heck, I’m married to one. But I realized that no doctor was going to understand my body or take my health or nutrition as seriously as I would. I had always been a fighter, and I decided this would be the fight of my life, literally.

Over the next 10 years, I embarked on a health crusade/nutritional adventure and ultimately developed The Omni Diet, which has helped thousands of people lose weight, reverse illness, and change their lives.

For the last decade, dieters have been asked to choose among Atkins and Paleo and The China Study and Forks over Knives. Are you pro-meat and anti-carb or are you a vegetarian or vegan? High-protein diets are touted for fast weight loss and peak performance. Vegetarian and vegan diets are lauded for reversing heart disease and

preventing illness. These nutritional philosophies and their followers look to the icons and research that support their positions, and the average dieter is left to Ping-Pong between polar theories on health and extreme weight loss diets. The truth is that your body doesn't care about philosophy: it is practical, like me. When it comes to food, the body needs what it needs, and it is not an either-or proposition. We're omnivores. I say, yes, your body needs protein from a variety of sources, including meat. I say, yes, your body needs a wide variety of plant-based foods. You can get extreme results without the deprivation of an extreme diet.

A Road Map to Good Health

It's time to bridge the gap between meat eaters and vegetarians, health and weight loss, and offer readers a plan that provides both (1) an abundance of illness-fighting nutrients from whole, living foods and (2) high-quality protein to keep the brain sharp and the muscles and organs functioning at peak condition. That plan is The Omni Diet: 70% plant-based and 30% protein (including animal protein), which will restore energy, slash the risk of disease, optimize brain and hormone functioning, produce dramatic weight loss, and make the body healthy from the inside out.

The Omni Diet emphasizes foods that are scientifically proven to:

- Decrease systemic inflammation
- Optimize brain function
- Offer high-quality, nutrient-dense calories that satiate
- Provide maximum quantities and diversity of nutrients
- Decrease feelings of hunger and deprivation
- Break the chain of food addictions by balancing hormones
- Increase energy and youthfulness and feelings of well-being
- Enable fast weight loss

The Omni Diet is a carefully designed series of three, two-week phases, followed by a maintenance plan that offers a lifetime of healthy living. During each of the three phases I provide you with meal-planning guidelines and daily menus that feature an exciting variety of easy, delicious recipes along with commonsense advice and simple tips.

I also teach you how to create a supplement plan personalized for your specific needs; use exercise to magnify the health benefits of your new diet; and create a sleep plan that will insure that you're getting both the quantity and quality of sleep you need for optimal health.

MAKING THE OMNI DIET A FUNDAMENTAL PART OF YOUR DAILY LIFE

Now that you know why The Omni Diet makes so much sense, you're ready to discover how to make it a fundamental part of your daily life. The Omni Diet Program provides all of the step-by-step instructions, practical advice, and heart-to-heart encouragement you'll need to make life-changing improvements in the way you eat, move, and live.

Once you commit to The Omni Diet, you'll begin seeing dramatic results almost immediately. Your energy level and your feeling of well-being will soar, while your weight and your risk factors for a variety of diseases will begin a dramatic decline. Most of my clients notice that they begin to feel better—healthier, more empowered, and more alive—within a day or two of setting out on The Omni Diet. And it just keeps getting better from there.

The Omni Diet Program is divided into four phases. Phases 1, 2, and 3 guide you through the first six weeks; Phase 4 gives you a maintenance plan that will serve as a blueprint for a lifetime of healthy living. The program also includes dozens of super-tasty, super-healthy, easy-to-prepare recipes, along with a shopping list and meal plans that will help you hit the ground running.

Omni Shopping List

Meat, Poultry, and Fish

Choose meats and poultry that are organic, grass-fed, free-range, hormone-free, and antibiotic-free. Fish should be wild, hormone-free and antibiotic-free.

- bison
- herring
- lamb
- mackerel
- shrimp
- skinless chicken
- skinless turkey
- tuna
- wild salmon

Vegetables

Choose fresh, organic vegetables such as:

- Artichokes
- Asparagus
- Avocados
- Bean sprouts
- Bell peppers
- Bok choy
- Broccoli, romaine lettuce
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chard
- Cucumbers
- Green beans
- Kale
- Mushrooms
- Onions
- Spinach
- Squash
- Sweet potatoes
- Tomatoes
- Watercress
- Zucchini

Pantry and Refrigerator Basics

Choose fresh, organic vegetables such as:

- Condiments for dipping (hummus, guacamole, salsa)
- Dried beans and lentils in limited amounts
- Eggs. Choose cage-free, organic, DHA-enriched eggs from vegetarian-fed chickens.
- Freeze Dried Greens such as Green Vibrance.
- Fresh and dried herbs and spices, which provide rich nutritional benefits and fantastic flavor

- Healthy oils such as coconut oil, almond oil, macadamia-nut oil, and olive oil
- Lean meat, fish, and poultry.
- Milk Alternatives: almond, coconut, hemp, rice
- Nut butters and spreads (almond butter and coconut butter)
- Protein Powder
- Pure Wrap coconut wraps
- Quinoa
- Raw, unsalted seeds and nuts
- Seeds (chia, flax, hemp)
- Small amounts of fresh and frozen fruit. The best choices are organic strawberries, blueberries, raspberries, and blackberries.
- Super-foods (such as maca root, goji powder, lacuma, and pomegranate) that magnify health-supporting processes.
- Sweeteners such as stevia extract and erythritol
- Tamari sauce
- Veganaise
- Vegetables of all kinds (except white potatoes and night shades for some of you).
Purchase fresh, organic produce when possible.

Spices

Choose fresh, organic vegetables such as:

- Basil. Antioxidant
- Black Pepper
- Cayenne Pepper
- Chili powder
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Curry
- Dill
- Garlic
- Ginger
- Marjoram
- Mint
- Oregano
- Nutmeg
- Parsley
- Rosemary
- Saffron
- Sage
- Thyme

Clean your pantry! Foods to Ditch

- Bread, pasta, tortillas, and other foods that contain gluten
- Breakfast cereals (including oatmeal)
- Condiments such as ketchup, soy sauce, and barbecue sauce that contain sugar, artificial ingredients, excessive salt, or gluten
- Corn (including popcorn, cornbread, and popped corn chips)
- Dairy foods such as milk, cheese, cream, yogurt, and ice cream
- Foods that contain genetically modified ingredients
- Foods that contain high-fructose corn syrup or trans (hydrogenated) fats
- Foods that contain sugar, artificial sweeteners, or soy
- Fruit juice (even 100% fresh!)
- Grain-based foods (cereal, rice, instant oatmeal, wheat, barley, rye, and corn)
- Jams, jellies, pancake syrup,
- Most cooking oils (corn, safflower, canola, soy)
- Processed frozen dinners
- Processed meats such as lunch meats
- Salty processed snacks (potato chips, popcorn, pretzels, nacho chips, crackers, popcorn)
- Soy based foods such as protein bars, powders, oils and snack foods
- Sugary processed snacks (cakes, cookies, cupcakes, candy)
- Sweetened drinks such fruit punch, lemonade and soda
- White potatoes
- Commercially raised beef and poultry
- Farm raised fish
- Pork and ham
- Processed lunch meats
- Processed meat such as bacon, sausage, pepperoni, hot dogs

THE OMNI DIET: SAMPLE PLAN: WEEK 1

SAMPLE: Phase 1, Week 1 Success Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Brain Berry Smoothie	1/4 cup raw almonds or sunflower seeds	Heirloom Tomato Salad	2 cups mixed veggies w/ 2 Tbsp. hummus (or split pea hummus)	Serrano Chile Shrimp Vegetable Soup & Simple Green Salad
Day 2	Pacific Coast Scramble	Superfood Protein Bar (homemade) 1/2 cup mixed berries	Seared Ahi w/ Cucumber Salad	Large mixed green salad, (3 oz. hard-boiled egg or other protein) 1 Tbsp. raw seeds 1 Tbsp. olive oil & lemon juice	Sizzling Chicken & Veggie Kabobs w Chard Slaw
Day 3	Very Cherry Smoothie	Hard-boiled egg (2 for men) and 2 cups raw veggies w/ 2 Tbsp guacamole for dipping	Herb Marinated Chicken, Simple Mixed green salad w/ Grilled Rosemary Chicken Breast w/ 1 Tbsp. olive oil & balsamic vinegar	2 Tbsp. raw nuts or seeds	Macadamia nut Crusted Mahi Mahi Roasted Brussels Sprouts and Shiratake Spinach Soup
Day 4	Brain Smart Start Smoothie	2 cups raw veggies w/ 1/4 cup guacamole	Peaceful Asian Pear Salad with Shrimp	Turkey Wraps	Bison Meat Loaf, Cauliflower Mashed "Potatoes," & Raw "Creamed" Spinach
Day 5	Chocolate Covered Strawberry Smoothie	1-2 cups celery sticks w/ 1 Tbsp raw almond or macadamia nut butter for dipping	Raw Creamed Spinach Salad and shrimp cocktail	2 cups raw vegetables w/ 2 Tbsp. hummus, guacamole, or salsa for dipping	Spice of Life Chicken with Citrus Kale Salad & 2 cups steamed vegetables
Day 6	Cinnamon Spice Smoothie	2- 3 cups Chopped veggies w/ Surprising Split Pea Hummus	Tasty Turkey Wrap	1 apple and 1/4 cup raw nuts or seeds	Crowd-Pleasing Cioppino, Collard Greens & Antiox Detox Salad
Day 7	Seafood Omelet for Super Focus w/ 1/4 cup blueberries	1/4 cup raw nuts or seeds 1 small piece of fruit	Stay Sharp Chard Salad w/ added chicken breast (3 oz for women, 6 oz for men)	1 sliced tomato with avocado (about 2 Tbsp.)	"Spaghetti" w/ Turkey Meatballs & steamed broccoli and Light Kale Salad

THE OMNI DIET: SAMPLE PLAN: WEEK 2

SAMPLE: Phase 1, Week 2 Success Menu

	Breakfast	Snack	Lunch	Snack	Dinner
Day 1	Green Tea Berry Blast Off Smoothie	Celery with 2 tablespoons raw almond butter	Asian-fusion chicken Salad	Simple Green salad with sunflower seeds & 1 tablespoon olive oil and lemon juice	Pan-Roasted Salmon with Vegetables
Day 2	Pom-Antiox Smoothie	2 cups raw vegetables with 2 tablespoons baba ghanou	Get Smart Mahimahi Burger wrapped in Romaine lettuce	1/4 cup raw nuts and seeds & 2 cups veggies with salsa	Savoy Lubian Rose Stew, Stay Sharp Chard Salad & Yellow Beans with Tomatoes
Day 3	Brainy Breakfast Burrito wrapped in Romaine	Homemade Super-food Protein bar, 1 piece of fruit or 1/2 cup berries	Mango Chicken Salad	1 hard-boiled egg & 2 cups chopped veggies w guacamole (2 tablespoons)	Shrimp Chowder & Red, White, and Blue Salad
Day 4	Brain Smart Start Smoothie	2 cups raw vegetables with 1/4 cup guacamole	Peaceful Asian Pear Salad with Shrimp	Turkey Wraps	Bison Meat Loaf, Cauliflower Mashed "Potatoes" & Raw "Creamed" Spinach
Day 5	Super Surprise Frittata	Omni Grainless Granola Protein Bar and 1 piece of fruit or 1/2 cup berries	Turkey Burger Wrapped in Lettuce	Celery with 2 tablespoons raw almond butter	Seared Ahi with Guacamole Sauce, Sweet Potato Soup & Cool Mint Salad
Day 6	Chocolate-Covered Strawberry Brain-Boosting Smoothie	1 sliced tomato with 2 tablespoons avocado	Hearty Chicken Stew	Devil-less Eggs	Roasted Vegetable Salad, Pan-Seared Salmon, & Cream of Broccoli Soup
Day 7	Benedict-Style Poached Eggs with Kale or steamed spinach	2 cups veggies with 2 tablespoons hummus or Surprising Split Pea Hummus	Guiltless Chicken Breast Tenders & Kale and Roasted Vegetable Soup	1/2 cup berries with 1/4 cup GoWell Trail Mix	Turkey Chili & Chard Slaw

UNLEASH THE HEALING POWER OF FOOD TODAY: RECIPES TO *LIVE BY*

Brain-Smart Start Smoothie **SERVES 2**

INGREDIENTS:

- | | |
|--|--|
| 1/2 cup frozen organic blueberries | 1 tablespoon coconut butter |
| 1/2 cup frozen cherries | 1 tablespoon goji powder |
| 1/3 banana | 2 scoops vanilla or berry-flavored, sugar-free pea protein powder (sweetened with stevia). |
| 8 ounces pure coconut water or unsweetened almond milk | 1 tablespoon freeze-dried greens (Green Vibrance® is one of my favorite brands) |
| 1 large handful baby spinach (about 1 1/2 cups) | 1-2 droppers full berry- or vanilla crème-flavored liquid stevia |
| 2 chard leaves or 1 small cucumber | |
| 2 tablespoons hemp seeds, shelled | |

OPTIONAL: • soluble fiber • maca powder • bee pollen • aloe gel

PREPARATION: **1)** Add all ingredients to blender bowl. **2)** Turn blender on low at first, then increase speed. **3)** Add additional almond milk or coconut water as desired to achieve desired consistency. **4)** Pour into two large glasses and serve cold.

NUTRITIONAL INFORMATION PER SERVING: 305 calories • 25 g protein • 30.4g carbohydrates • 7.6g fiber • 14.2g sugar • 11.0g fat • 4.9g saturated fat • 0mg cholesterol • 288mg sodium

Spice of Life Chicken **SERVES 8**

INGREDIENTS:

- | | |
|---------------------------------------|---|
| 2 tablespoons sweet paprika | 1/2 teaspoon ground cardamom |
| 2 teaspoons garlic powder, granulated | 1/2 teaspoon ground cinnamon |
| 1 teaspoon sea salt | 1/4 teaspoon cloves |
| 1 teaspoon ancho chile powder | 4 pounds skinless chicken legs (hormone-free, antibiotic-free, cage-free) |
| 1 teaspoon ground ginger | 2 tablespoons macadamia-nut oil |
| 1 teaspoon cumin | 1 orange, split into wedges |
| 1 teaspoon onion powder | 1 lemon, split into wedges |
| 1 teaspoon black pepper | 1 lime, split into wedges |
| 1 teaspoon fenugreek | 1/2 cup cilantro leaves |
| 1 teaspoon ground allspice | |

PREPARATION: **1)** Preheat oven to 400°F. **2)** Combine first 13 ingredients together in a small bowl. **3)** In a large bowl, toss chicken, oil, and spice mix together. Massage spice mix into chicken. **4)** Lay chicken in casserole dish. Bake for 40 to 45 minutes, basting occasionally. Bake until chicken reads 170°F on a meat thermometer, or when pierced the juice is clear and not pink. **5)** Serve with fruit wedges and chopped cilantro for garnish if desired.

NUTRITIONAL INFORMATION PER SERVING: 201 calories • 28.8g protein • 3g carbohydrates • 1.1g fiber • 0.6g sugar • 11.0g fat • 1.9g saturated fat • 29mg cholesterol • 312mg sodium

Rainbow Chard Slaw

SERVES 8

INGREDIENTS:

3 cups shredded or finely chopped Swiss chard	1/2 teaspoon allspice
1 cup shredded purple cabbage	1/4 teaspoon cinnamon
1/4 cup shredded carrot	1/4 teaspoon nutmeg
1/2 cup chopped or slivered raw almonds (I like to soak them for 4-6 hours, time permitting)	1 tablespoon fresh oregano, finely chopped, or 1/4 teaspoon dried
1/4 cup macadamia nut oil or olive oil (macadamia nut oil gives this salad a unique flavor)	1 tablespoon fresh basil, or 1/2 teaspoon dried
1 tablespoon apple cider vinegar	1/4 teaspoon pepper
	1/4 cup raw hemp seeds
	1/2 cup dried, unsweetened blueberries
	1 to 2 teaspoons xylitol or 1 packet stevia

OPTIONAL: 1 tablespoon Vegemise® • 1/4 teaspoon sea salt

PREPARATION: **1)** Combine chard, cabbage, carrot, and nuts in a large bowl. **2)** In a small mixing bowl, combine olive oil, vinegar, Vegemise® (if using), allspice, cinnamon, nutmeg, oregano, basil, and sweetener. Whisk until mixture is blended well. **3)** Toss with salad mix. **4)** Allow salad to refrigerate for 30 minutes prior to serving, if possible, so flavors can marry. This salad actually tastes better the following day, after the flavors marry and the chard has a chance to absorb some of the dressing. **5)** Top with hemp seeds and dried blueberries.

NUTRITIONAL INFORMATION PER SERVING: 236 calories • 23g protein • 10.2g carbohydrates • 2.9g fiber • 4.4g sugar • 12g fat • 1.4g saturated fat • 49mg cholesterol • 153mg sodium

Seared Ahi with Cucumber Salad

SERVES 2

INGREDIENTS:

4 Persian cucumbers, thinly sliced	2 garlic cloves, minced
1/2 avocado, diced	2 teaspoons fresh ginger, grated
1 tablespoon olive oil	1 teaspoon honey
2 teaspoons dill, chopped	2 ahi tuna steaks (4-6 ounces each)
1 shallot, finely chopped	2 teaspoons coconut oil
1 teaspoon fresh lemon juice	3 cups mixed greens
1 lime, juiced	Salt and pepper to taste

PREPARATION FOR CUCUMBER SALAD: **1)** In a medium bowl, combine cucumber, avocado, olive oil, dill, shallots, and lemon juice, and season with salt and pepper. **2)** Cover and refrigerate for 30 minutes.

PREPARATION FOR TUNA: **1)** In a medium bowl, mix lime juice, garlic, ginger, and honey. **2)** Season tuna with salt and pepper. Place fish in lime marinade, cover, and refrigerate for 15 to 30 minutes. **3)** In a skillet, heat coconut oil over medium heat. Sear tuna for 1 to 2 minutes on each side (depending on how rare you prefer). Remove the tuna from skillet and slice into 1/4-inch-thick slices. **4)** Dish cucumber salad on plates and top with the tuna.

NUTRITIONAL INFORMATION PER SERVING: 361 calories • 31g protein • 20g carbohydrates • 7g fiber • 6g fat • 13g saturated fat • 50mg cholesterol • 60mg sodium

TAKE IT FROM THE BRAIN DOCTOR:

“With Tana Amen as your guide, you can feel healthier than ever before. Nearly everywhere that Tana goes, people ask her for health and nutrition tips...from eliminating abdominal pain and improving their energy to losing weight. The principles she uses in her new book, *THE OMNI DIET*, are based on those I discuss in my books. She takes these principles and helps people incorporate them into their lives in a very practical way.”

—DR. DANIEL G. AMEN, *New York Times* bestselling
author of *Change Your Brain, Change Your Life*

ENDORSEMENTS FROM TOP MEDICAL LEADERS IN THE FIELD:

“Cuts through the confusion about what to eat and gives America a roadmap to good food and good health all at once. Following this approach will not only enhance and extend your life—it will reverse many chronic diseases while delighting your palate. If you want to learn to thrive in our modern day nutritional jungle, get this book!”

—Mark Hyman, MD, *New York Times* bestselling
author of *The Blood Sugar Solution*

“Eating for health and longevity is frustrating and complex for many of my patients. They feel they need a biochemistry degree. *THE OMNI DIET* incorporates cutting-edge science, but it is so easy to follow and I am grateful that Tana has made it available to help others.”

—Joel Kahn, MD, Medical Director of Preventive Cardiology,
Detroit Medical Center

“Tana Amen shows us in an entertaining and simple way how to take care of our brains with the great side effect of getting leaner and fit while you are at it! You’ll think better, feel better, AND look better!”

—JJ Virgin, Celebrity Nutrition and Fitness Expert,
New York Times bestselling author of *The Virgin Diet*

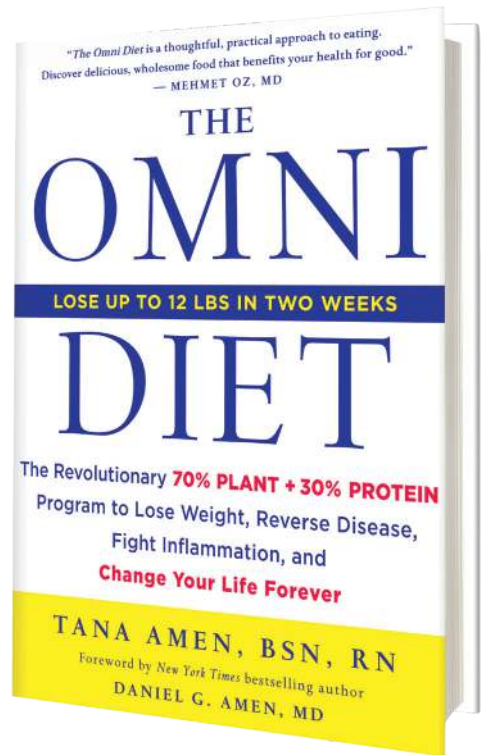
UNLEASH THE HEALING POWER OF FOOD TODAY!

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This revolutionary diet offers three, two-week phases, followed by a maintenance plan, including delicious recipes and important advice, such as how to mimic longevity-inducing calorie restriction without drastically cutting calories. Readers will see results immediately—in their weight and in their overall health.

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\$27.99/\$31.99 Can. • 6 1/8" x 9 1/4" • 352 pages

Also Available as an eBook:
978-1-250-02985-0 • \$14.99/\$15.99 Can.

Tana Amen, BSN, RN, is a nurse, health and fitness expert, and nationally-renowned speaker. Tana is also a nutrition consultant and coach for the wildly popular Daniel Plan, an inspirational health movement led by Pastor Rick Warren, which includes Dr. Daniel Amen, Dr. Mark Hyman, and Dr. Mehmet Oz. Tana has been featured in *Everyday Health's Recipe Rehab*, *GNC LiveWell Magazine*, on PBS and Martha Stewart Living Radio, and has been a guest speaker at the Omega Institute and Saddleback Church. She works alongside her husband, *New York Times* best-selling author and physician, Daniel Amen, MD, offering nutritional guidance and practical support to hundreds of thousands of Amen followers at The Amen Clinics.

For more information please visit me online
at www.tanaamen.com and on

 www.facebook.com/TanaAmenTheBrainDoctorsWife



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book & order your copy.
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