

# **THE DIET SOLUTION**

## **FAT LOSS JUMPSTART**

**1 Week  
Kickstart  
To Your  
Metabolism**

**By Isabel  
De Los Rios**



## Introduction

The meal plans and nutrition principles that follow are a culmination of 15 years of research and study into exactly what works to achieve a lean body.

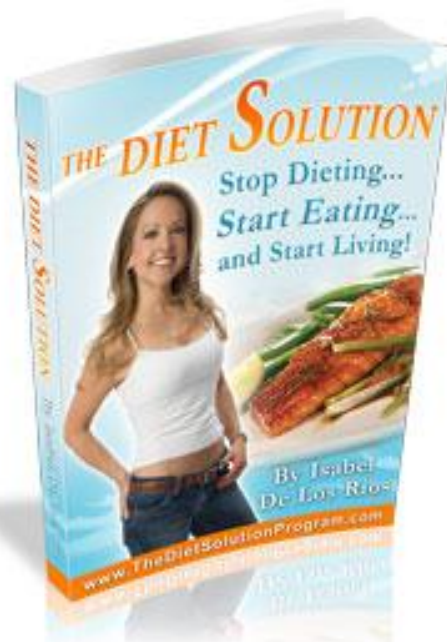
I assure you that none of these rules are “unhealthy” or “extreme”. On the contrary, they are the best principles you can incorporate to not only get you jumpstarted on your fat loss success but to also help you achieve a level of health and wellbeing that you may never have thought possible for you.

These meal plans are also not a crash diet or a short term plan. I stay lean all year long and I do it by following these principles and eating very similar meal plans to the ones I have outlined below. I don't deprive myself and I am not miserable “on a diet”. It is actually, quite the opposite. I feel so great, I stay at my ideal weight and I am unstoppable every day.

So, the rules are simple and the meal plans are easy to follow. I can promise that if you stick to the plan, it is guaranteed to work. All you need to do is add the commitment and motivation to see it through.

Don't just do it “half-way”. Go 100% and see your body transform in a way you may have never seen before.

All the best!  
Isabel De Los Rios  
Author of [The Diet Solution Program](http://www.TheDietSolutionProgram.com)



## *The Best Diet Plan is NO Diet at all*



As a nutritionist, the most common question I get daily is “What is the Best Diet to follow?” My answer is always the same and one that shocks many people. “The best diet to follow is to follow NO diet at all.” How could any nutritionist wanting to promote health tell you not to follow a diet?”

Easy. I’m here to tell you that diets do not work. They are one of the most common reasons people have such a hard time losing weight. People are making the mistake of following a diet instead of following a delicious way of eating that will satisfy their hunger, their taste buds and help them reach and maintain an optimum weight and optimum health.

With all of the junk food, false advertising, and false information out in the world today, how is this even possible? A delicious way of eating healthy that will help me lose weight at the same time?

Yes, this is possible for you once you are armed with the correct information.

The best diet is going to be one that you can stick to (for more than just a week), one that includes delicious food and one you are happy with, not to mention one that you can maintain for a lifetime.

Here are a few tips that will help you develop the Best Diet for you:

### **1. Only eat food you enjoy.**

Well Isabel, that would be just great, but I enjoy pizza and donuts and that sure doesn’t seem to be helping me lose weight. Yes, I agree. What I mean here is don’t establish a crash diet of cottage cheese and grapefruit if you absolutely hate those 2

foods. Healthy food does not have to be akin to bird seed. How about scrambled whole eggs in butter with your favorite vegetables and 2 slices of sprouted grain toast? French toast made from healthy bread, and eggs? A juicy hamburger or steak for lunch or dinner? How about making your own pizza from healthy ingredients? I could go on and on with a long list of delicious foods. The point is you do not have to eat like a bird or eat tasteless food to be healthy and lose weight. Find the healthy foods you enjoy and get creative with those. You will find you will have an incredible amount of delicious food options.

## **2. Do not go cold turkey.**

Rome wasn't built in a day right? You do not have to change every single one of your habits overnight. Establishing one healthy eating habit each week or eliminate one "not so good" food every week. This will prove to be life changing in just 1-2 months. Not to mention it will eliminate any stress or anxiety you may have over changing all of your habits overnight. Start with the easiest one for you. How about drinking water? Can you replace your sugar drinks with water and just do that for one week? How about just cutting down on a few sodas and replacing them with water? One small step each week will make your transition simple and easy.

## **3. Do not go hungry.**

Another very common mistake I see is people starving themselves in an effort to lose weight quickly. The truth is you do not need to feel hunger in order to effectively lose weight. Actually, the contrary is true. You must give your body enough nourishment (good nourishment, that is) in order to see weight loss results. Make sure to feed your body consistently throughout the day. Breakfast, lunch and dinner are all important but so are snacks in between. Munching on things like raw nuts, fresh fruits and healthy trail mixes can really keep you from experiencing any hunger throughout the day and help control any cravings that may come up.

Remember that the Best Diet you can begin today is an eating plan that does NOT resemble a diet at all. Tell people you had French toast for breakfast, chicken stir fry for lunch and a juicy steak with potatoes for dinner and they will wonder how in the world you are losing weight and looking great. Easy, I stopped dieting and found the Best Diet for me!

Find out more information about how to eat delicious food and still lose weight with these [amazing fat loss tips!](#)

## One of Isabel's Favorite Fat Burning Foods

There is an incredible thing that happens when you lose weight and finally get your health in order (I'm not talking about buying a new bikini)...Everyone wants to know how you did it. Am I right?

This is exactly what has happened to my mom. Last year she lost 40 pounds and was able to stop taking her blood pressure and cholesterol medications just by using the principles in The Diet Solution (I haven't asked her about the bikini).

Now, even a year later, all of her friends are constantly calling her to ask their nutrition and health questions. Funny thing, they never want to talk to me, they only want to talk to her!

Last week my mom called me and needed a bit of help. *"Isabel, I tried to tell one of the ladies at the YMCA where I exercise that she should use coconut oil to cook and she nearly fell off the exercise machine. I think she thought I was trying to kill her. She said her doctor told her to stop eating all saturated fat and that oils like coconut oil are fattening. How do I explain to her that it's actually good for her?"*

This same scenario happens to me all the time. People have a really hard time believing that coconut oil is not "fattening" or "dangerous". We have all been falsely led to believe that fat, especially saturated fat, is the cause of our weight gain and health problems. This is only true half true. Some fats like hydrogenated oils and vegetable oils do contribute to heart disease and weight gain but good fats like coconut oil, butter and olive oil are actually great fats for our bodies. Think about how much healthier people were in the late 1800's and very early 1900's. Heart disease was almost unheard of back then.



Let's put some of these MYTHS about coconut oil to rest right now.

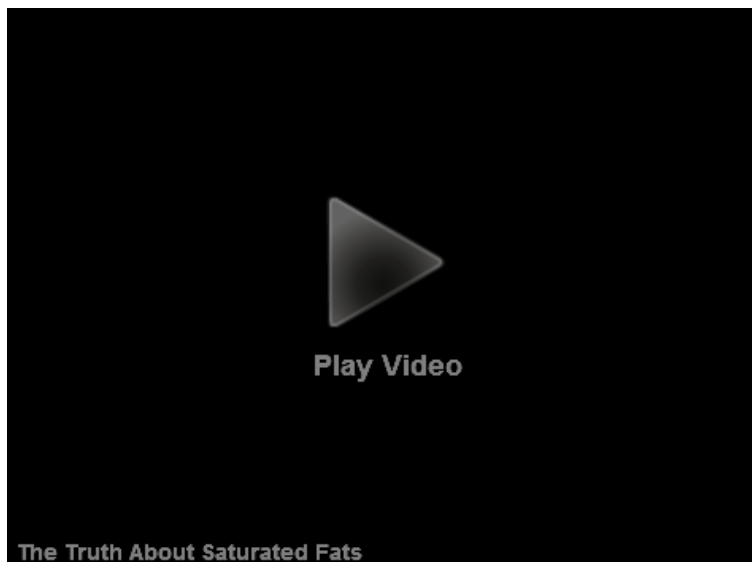
**Myth #1** – Coconut Oil contains a lot of fat so it must be fattening.

**Truth** – Not all fat makes you fat (I want to get this tattooed on my forehead). Certain fats do cause weight gain but other good fats will actually burn unwanted fat off your body and accelerate your metabolism. I explain this in much more detail in my video “Does Fat make you Fat?”. You can watch it [HERE](#).



**Myth #2** – Coconut Oil contains almost all saturated fat so it must be bad for you.

**Truth** – Saturated Fat is not the cause of heart disease, weight gain and high cholesterol. Saturated Fat has been falsely accused and it is SUGAR that is Enemy Numero Uno (It is worse than the Joker in Bat Man). I have explained this very thoroughly in my video “The Truth About Saturated Fat”. If you haven’t watched it already, you can watch it [HERE](#).



**Myth #3** – Coconut Oil should be avoided by those who are at risk for heart disease

**Truth** – The fat in coconut oil is one of the healthiest oils you can consume (yes, even for those with heart disease). It is rich in lauric acid, which is known for its antiviral, antibacterial, and antifungal properties and contains no trans-fat. The saturated fat in coconut oil is different than many other oils in that it is of the medium-chain fatty acid (MCFA) variety. The body digests MCFAs more easily and sends these fats directly to the liver where they are immediately converted into energy. Now isn't that great? A fat that is used to make energy instead of storing it on our bodies. We can all use some of that.

I highly recommend everyone use unrefined, organic coconut oil for all of their cooking needs. 1 – 2 tsps. for most cooking is more than enough. You can even use it raw if you like as I think, it tastes OH SO DELICIOUS! I usually have about 2-3 total TBSPs per day which is a perfect amount for a fat burning eating plan. While it's really good for you, there's no need to go overboard. Now go right ahead and enjoy your coconut oil.

## Meal Plans

### **Breakfast (7-8am)**

*Protein Choices: Choose One*  
1 organic egg + 3 whites  
2-3 whole organic eggs  
3 slices nitrate/nitrite free turkey, beef or pork bacon  
2 nitrate/nitrite free turkey or chicken breakfast sausages  
(description of Recommended Brands below )  
2-3 oz leftover meat (beef, poultry, pork, fish) from the night before  
3 Tbsps Hummus (V – a vegetarian option)  
½ cup cottage cheese (V) \*  
2 Tbsp Natural Raw Nut butter (V) ex. Almond butter or peanut butter

*Vegetable Choices: Choose One*  
1 cup cooked broccoli  
1 cup cooked cauliflower  
1 cup sautéed spinach  
1 cup steamed asparagus

*Fruit Choices: Choose One*  
1 green apple  
1 pear  
½ medium banana  
½ cup strawberries or blueberries (or combination of both)

*Examples:* 1 egg + 3 whites  
1 cup steamed cauliflower  
1 green apple  
  
3 slices turkey bacon  
1 cup spinach  
½ medium banana  
  
3 Tbsp Hummus  
1 cup steamed cauliflower  
½ cup strawberries  
  
2 oz leftover salmon  
1 cup cooked broccoli  
1 pear



### **Snack #1 (10-11am) and Snack #2 (3-4pm)**

*Protein Choices:* Choose One  
2 TBSP Natural, Raw Almond Butter (V)  
1 oz Raw Almonds (V)  
1 oz Raw Walnuts (V)  
1 oz Raw Pumpkin Seeds (V)  
1 oz Raw Sunflower Seeds (V)  
2 hard boiled eggs  
2 oz sliced turkey breast or chicken breast

*Vegetable Choices:* Choose One  
Celery Sticks  
6-7 Baby Carrots  
½ sliced red, yellow, or green pepper  
1 cup broccoli or cauliflower

*Fruit Choices:* Choose One  
1 green apple  
1 cup strawberries  
1 cup blueberries

*Examples:* 2 Tbsp Almond Butter  
Celery Sticks and 1 small green apple  
  
2 hard boiled eggs  
½ yellow pepper  
1 cup blueberries  
  
1 ounce raw walnuts  
6 baby carrots  
1 cup strawberries

### **Lunch (1-2pm) and Dinner (6-7pm)**

*Protein Choices:* Choose One  
3-5 ounces chicken (dark or white meat) (\*\*See recipe on page 13)  
3-5 ounces turkey (dark or white meat)  
3-5 ounces fish (tuna only 1 time per week)  
2-4 ounces beef (lean varieties)  
1 cup cooked beans (any variety) or lentils (V)  
½ cup cottage cheese (V) \*

*Over a salad that is made up of any of the following:*  
All lettuce except for Iceberg (It has no nutritional value)  
Celery, Peppers, Cucumbers, Tomatoes

*Vegetable Choices: Choose One*

- 1 cup cooked broccoli
- 1 cup cooked cauliflower (\*\*See recipe on page 14)
- 1 cup sautéed spinach
- 1 cup steamed asparagus

*Dressing:* Raw Apple Cider Vinegar  
2 tsps Extra Virgin Olive Oil  
Spices (salt, pepper, Italian Seasonings, to taste)

*Examples:* 4 oz grilled chicken (white or dark)  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup asparagus added to the salad or on the side  
Apple Cider Vinegar and 2 tsps olive oil as dressing

½ cup chickpeas + ½ cup kidney beans  
Over a large salad made up of Romaine lettuce, tomatoes, cucumbers and celery  
1 cup cooked broccoli added to the salad or on the side  
Apple Cider Vinegar and 2 tsps olive oil as dressing

4 oz salmon  
Over sautéed spinach  
Salad on the side with apple cider vinegar and 2 tsps extra virgin olive oil

**Notes:**

Turkey, Beef, Pork Bacon - Look for a brand that has 5-7 g of protein per slice and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Turkey or Chicken Breakfast Sausage – Look for a brand that has 5-7 g of protein per link and contains NO nitrites and nitrates. Also look for “no hormones or antibiotics” used on the animal.

Eggs must be organic! I would love for all of the food you eat to be organic but if nothing else, eggs are a must!

All almonds, walnuts, pumpkin seeds, sunflower seeds and almond butter must be raw. They cannot be roasted. Roasting nuts takes a good food and turns it into a bad food!

Olive Oil must be Extra Virgin and preferably organic.

\*If you have chosen to take the 1 week “no wheat, no dairy” challenge, cottage cheese should be eliminated from your protein choices.

### **Typical Day Meals and Times:**

7am – Breakfast

10am – Snack #1

1pm – Lunch

3pm – Snack #2

6pm – Dinner

If your schedule does not permit for eating at these times, you can structure your day however it works best for you. Just be sure to fit in a minimum of 4 of your meals and space each meal no more than 4 hours apart, 3 hours being the ideal.

**Water Intake** –  $\frac{1}{2}$  of your bodyweight in ounces of water.

Example: If you weigh 150lbs, you would have to drink 75 ounces of water.

## Almond Crusted Chicken Recipe



The almonds turn this otherwise ordinary chicken dish into a crunchy, nutritious meal that packs a healthy dose of vitamin E and fiber.

### Ingredients

1 egg white  
3 teaspoons water  
6 ounces boneless, skinless chicken breast, pounded thin  
1/4 cup sliced almonds, coarsely chopped  
Celtic Sea Salt and pepper to taste

### Directions

1. Whisk egg white, water, salt, and pepper in small bowl. Dip the chicken breast into the egg mixture and dredge in almonds.
2. Heat a skillet over medium heat and lightly coat with unrefined coconut oil.
3. Sauté chicken on one side over medium heat for 3 minutes. Turn and cook for an additional 3 to 4 minutes, until cooked through.

## Garlic Mashed Cauliflower that I want you to believe are Mashed Potatoes



### Ingredients

- 1 head of cauliflower
- 1 small onion (red or yellow)
- 1-2 TBSP organic butter
- 1-2 cloves of garlic (this will depend on your taste)

### Directions

Steam or boil the cauliflower. Chop the onion and sauté it with either olive oil, butter or coconut oil. (My sister used olive oil. I used butter).

Add the cooked cauliflower to the sautéed onions and sauté together for approximately 8 minutes.

Take the cauliflower and onion sauté and puree in a food processor or blender. Add a tablespoon or more of butter and blend.

Take 2 cloves of garlic and chop them up into small pieces. Add more olive oil, butter or coconut oil to pan and cook the garlic until brown (but try not to burn it).

Pour the garlic into your mashed cauliflower and mix by hand.

Use this garlic mashed cauliflower in another delicious recipe – [DSP Approved Shepherd's Pie](#).

## More Great Information to Keep your Weight Loss Goals Moving Forward

If you've ever spent even 2 minutes on the internet, it's pretty clear that there is no shortage of weight loss, fat loss, and diet advice out in the world today.

In a way, this is kind of a good thing. If someone is motivated to lose weight and change the direction of their health, they've got a ton of wonderful information at their fingertips.

But, in a way, this is a very BAD thing as well, because based on what I've seen on a lot of weight loss and diet sites, the information is inaccurate, not scientifically based, and, in some cases, could even be detrimental to someone's health.

That is usually where the confusion begins...and for some...the INSANITY!

If you're not a nutrition and exercise expert yourself, how are you supposed to differentiate the good from the bad?

The following FREE 20 minute video that Isabel has put together for you contains a ton of great fat burning information you can put to use right away. Just by following the principles in this video you can see results right away.

If you want to know...

- Which foods you may think are helping you lose weight (but are actually causing you to gain weight)
- Which Carbs, Proteins, and Fats are the best to eat for maximum fat loss
- How to regulate specific hormones to cause fat burning in your body
- Exactly which strategies will never work when it comes to weight loss

Then this video is for you!

[Watch the Video NOW](#)

Find more delicious and healthy recipes [HERE](#)

# THE DIET SOLUTION

Stop Dieting... *Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL  
Diet & Nutrition Program On The Internet

The information in this video can show you how to  
**Be Healthy and Lose Weight**



This video contains multiple **fat loss strategies** to see stubborn fat come right off your body.

\*Results vary depending on how long and how close you follow the program.

**GET FREE INSTANT ACCESS**

You'll learn **strategies** and **secrets**, like...

- ✓ Why **calorie counting will never work** for long term weight loss and how restricting calories is probably the worst thing you can do to lose weight.
- ✓ Why **carbs are not your enemy** and how to enjoy a healthy fat burning nutrition program that includes all the carbs you need.
- ✓ Which **"so called" health foods** are actually making your body store tons of fat
- ✓ Why you must, must, must **eat lots of food** in order to finally shed the pounds and why many people have been falsely led to believe the complete opposite.

... And much, much more!

This is truly one of the only, completely **FREE** videos that delivers **real health, diet and nutrition information** that you can implement right away.



**CLICK HERE TO START  
BURNING FAT NOW!**



[Articles](#) | [Recipes](#) | [Videos](#) | [Success Stories](#) | [FAQ](#) | [Order the DSP](#)

Before we continue...I want to give you my "Starter Kit to Permanent Weight Loss & Vibrant Health" 7 Day E-Course... what many of my readers have called "the jumpstart they needed and were looking for to get on the right track!"

If you'd like me to tell you exactly **what to eat and exactly what may be stopping you from achieving the ideal weight and health you really want** then this may be the most important 7 Day E-course you ever sign up for.

And... it is completely **\*\*\*FREE\*\*\*!**



## Your "Must Have" Starter Kit to Permanent Weight Loss & Vibrant Health A 7 Day E-course

### How to Lose Weight and keep it off permanently Starting Today!

- **Day #1:** 3 Magic Tricks to jumpstart your Fat Loss right now
- **Day #2:** How to use your Favorite "Fatty" foods to maximize your weight loss
- **Day #3:** Exactly which carbs cause weight gain and which carbs cause weight loss...bonus video
- **Day #4:** How to combat Dieting Pitfalls the easy way
- **Day #5:** How much Protein is really necessary for maximized weight loss and muscle gain
- **Day #6:** How to stay on your weight loss plan no matter what the situation
- **Day #7:** Exactly what steps to follow to guarantee long term weight loss success

(\$29.97 Course Value...Today at no cost to you)

Just enter your email below and your Free E-course will be sent directly to your email inbox.

\*\*\*You'll also receive a **\*FREE FOR LIFE\*** membership to my popular **Nutritionist Tells All** newsletter (a \$39/month value)

Be sure to check your "bulk", "junk", or "spam" folders, as emails occasionally get mistakenly filtered.



#### SECURE & CONFIDENTIAL

Your email address will never be rented, traded or sold.  
WE GUARANTEE YOUR CONFIDENTIALITY.



©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our privacy policy, can be read right here. By entering, you agree to these terms and conditions, You can view our other disclaimer information here.

You can also visit our home page, join our newsletter, see some of our success stories, read more about Isabel, or Order.

***Healthy Foods To Lose Weight Videos, Weight Loss Meal Plans, Fat Loss Articles, Easy Diet Recipes***



[The Diet Solution Program](#) | [What To Eat While Pregnant](#) | [Blog](#) | [Fitness](#) | [Resources](#) | [Contact & FAQ](#)



# THE DIET SOLUTION

Stop Dieting...*Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL  
Diet & Nutrition Program On The Internet

 *Don't miss a second of all the Fat Burning Tips we have for you - Be sure your volume is up and give the page just a few seconds to load* 

©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our privacy policy, can be read right here. By entering, you agree to these terms and conditions, You can view our other disclaimer information here.

You can also visit our home page, join our newsletter, see some of our success stories, read more about Isabel, or Order.

***Healthy Foods To Lose Weight Videos, Weight Loss Meal Plans, Fat Loss Articles, Easy Diet Recipes***

The Diet Solution Program | What To Eat While Pregnant | Blog | Fitness | Resources | Contact & FAQ

# THE DIET SOLUTION

Stop Dieting... *Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL  
Diet & Nutrition Program On The Internet

The information in this video can show you how to  
**Be Healthy and Lose Weight**



This video contains multiple **fat loss strategies** to see stubborn fat come right off your body.

\*Results vary depending on how long and how close you follow the program.

**GET FREE INSTANT ACCESS**

You'll learn **strategies** and **secrets**, like...

- ✓ Why **calorie counting will never work** for long term weight loss and how restricting calories is probably the worst thing you can do to lose weight.
- ✓ Why **carbs are not your enemy** and how to enjoy a healthy fat burning nutrition program that includes all the carbs you need.
- ✓ Which **"so called" health foods** are actually making your body store tons of fat
- ✓ Why you must, must, must **eat lots of food** in order to finally shed the pounds and why many people have been falsely led to believe the complete opposite.

... And much, much more!

This is truly one of the only, completely **FREE** videos that delivers **real health, diet and nutrition information** that you can implement right away.



**CLICK HERE TO START  
BURNING FAT NOW!**



[Articles](#) | [Recipes](#) | [Videos](#) | [Success Stories](#) | [FAQ](#) | [Order the DSP](#)

Before we continue...I want to give you my "Starter Kit to Permanent Weight Loss & Vibrant Health" 7 Day E-Course... what many of my readers have called "the jumpstart they needed and were looking for to get on the right track!"

If you'd like me to tell you exactly **what to eat and exactly what may be stopping you from achieving the ideal weight and health you really want** then this may be the most important 7 Day E-course you ever sign up for.

And... it is completely **\*\*\*FREE\*\*\*!**



## Your "Must Have" Starter Kit to Permanent Weight Loss & Vibrant Health A 7 Day E-course

### How to Lose Weight and keep it off permanently Starting Today!

- **Day #1:** 3 Magic Tricks to jumpstart your Fat Loss right now
- **Day #2:** How to use your Favorite "Fatty" foods to maximize your weight loss
- **Day #3:** Exactly which carbs cause weight gain and which carbs cause weight loss...bonus video
- **Day #4:** How to combat Dieting Pitfalls the easy way
- **Day #5:** How much Protein is really necessary for maximized weight loss and muscle gain
- **Day #6:** How to stay on your weight loss plan no matter what the situation
- **Day #7:** Exactly what steps to follow to guarantee long term weight loss success

(\$29.97 Course Value...Today at no cost to you)

Just enter your email below and your Free E-course will be sent directly to your email inbox.

\*\*\*You'll also receive a **\*FREE FOR LIFE\*** membership to my popular **Nutritionist Tells All** newsletter (a \$39/month value)

Be sure to check your "bulk", "junk", or "spam" folders, as emails occasionally get mistakenly filtered.



**SECURE & CONFIDENTIAL**

Your email address will never be rented, traded or sold.  
WE GUARANTEE YOUR CONFIDENTIALITY.

©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our privacy policy, can be read right here. By entering, you agree to these terms and conditions, You can view our other disclaimer information here.

You can also visit our home page, join our newsletter, see some of our success stories, read more about Isabel, or Order.

***Healthy Foods To Lose Weight Videos, Weight Loss Meal Plans, Fat Loss Articles, Easy Diet Recipes***

[The Diet Solution Program](#) | [What To Eat While Pregnant](#) | [Blog](#) | [Fitness](#) | [Resources](#) | [Contact & FAQ](#)

# THE DIET SOLUTION

## Stop Dieting...*Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL Diet & Nutrition Program On The Internet

[Home](#) | [Articles](#) | [Recipes](#) | [Video](#) | [About Isabel De Los Rios](#)

[Diet Solution Program](#) > [Video](#) > Does Fat Really Make You Fat?

## Does Fat Really Make You Fat?

Learn how to fire up your metabolism, burn fat fast, and develop lasting health: [click here](#).

Did you like this article? Share it with your friends on Facebook.

 Like  164 likes. [Sign Up](#) to see what your friends like.

May 4, 2010 | [30 comments](#)

[Read more from Video](#)

[body fat loss](#), [butter nutrition](#), [butter substitute](#), [coconut oil diet](#), [coconut oil health](#), [coconut oil weight loss](#), [extra virgin coconut oil](#), [macadamia nut oil](#), [oil fat](#), [oil nutrition](#), [organic coconut oil](#), [organic virgin coconut oil](#), [pure coconut oil](#)

### 30 Comments

[Post a comment](#)



1. Is the fat from PORK bad for the health?

[Lily Sigam.](#)  
May 27 2010



2. Normally I use to add reasonable salt in my food. But my friends say, that using salt is not good for health. Please I want to know weather it istrue!

[Lily Sigam.](#)  
May 27 2010



3. Eating rice daily, is good or bad?

[Lily Sigam.](#)  
May 27 2010

PRESS PLAY! 

Click here to discover my **Fat Burning Secrets**

RETURN TO YOUR **FAT LOSS PRESENTATION** 



Sign Up Here and Receive FREE "Your *Must Have* Starter Kit To Permanent Weight Loss & Vibrant Health" 7 Day E-Course

[Fitness Product Evaluations](#)

[Success Stories](#)

[The Diet Solution Blog](#)

### Tags

[best way to burn fat](#) [body fat loss](#) [burn calories](#) [burn fat](#) [Butter chicken recipes](#) [coconut oil](#) [counting calories](#) [dairy free diet](#) [diet plan](#) [diet plan for weight loss](#) [exercise fat burning](#) [exercises](#) [fat burning foods](#) [fat burning workout](#) [fat loss tips](#)



robert

Jul 10 2010

Hey Lily,

Salt is important in the body, so you do not necessarily want to avoid all salt. However, you want to stay away from the typical table salt. Instead, use unrefined sea salt such as Celtic sea salt [www.celticseas.com] or Redmond's real salt. Just a reminder, make you sure you taste your food before you add any salt.

Also, rice is very high in calories and carbs, even in small servings. I wouldn't necessarily advise eating rice on a daily basis. However, it is a healthy food that works well with the Diet Solution Program.



Nil

Jul 20 2010

5. What are the healthy cooking oil options? I know olive oil is healthy but I heard not for cooking. Is this true?



robert

Jul 21 2010

6. Isabel recommends coconut oil for cooking.



katy

Jul 24 2010

7. You don't say anything about yogurt or cheese. Are these no no's?



robert

Jul 26 2010

8. The DSP manual goes into detail about dairy products. Yogurt is okay, as long as it is organic (which means it will be free from antibiotics and bovine growth hormones). Also, plain yogurt is the best because it has the lowest sugar content.

9. Buy a magic bullet.



Kimbakat

Aug 1 2010

You can use Heavy Cream to make your own whipping cream...or continue on for another few minutes..and you have BUTTER...It's the best!!!

The Magic bullet was the best thing on our counter top..we can easily grind the flax seeds and having multiple containers that you use..make it easy to store..clean and minimize having to use a larger and complex food processor for those little daily jobs.

10. Coconut oil is the BOMB!...also best for popcorn. NEVER USE MICROWAVE POPCORN.



Kimbakat

Aug 1 2010

Go to a health food store that has batch grains. Usually they have white or yellow popcorn (white is fluffier)..and use sea salt and/or REAL BUTTER.

#### PERFECT POPCORN RECIPE

(for newbies who were born after 1989)

Use a pot that is rounded..like a wok..approx 12" diameter at the top (with a glass top for entertainment purposes) to make your popcorn.

Put enough oil on the bottom to just slightly cover about 1/2 cup of kernals. (or 1/2 cup oil - vegetable or coconut) Put only 3 kernals in to test oil temperature and put heat on just under High..once those three pop..put rest of kernals in.

It will all be done in about 45 seconds. Once you hear silence after the last kernal pops ..count to 3 seconds - no other pops?..that means turn the heat off and immediately dump popcorn in bowl.

Hopefully..you had some butter melting in that one minute you were popping on the other burner on low. Immediately put butter and sea salt (you only need 2 shakes).

In New York City..Fairway (upstairs organic) is huge and has grain, nuts, popcorn (3 different kinds), rice, granola and bean selection..along with freshly made Peanut butter, Honey roasted peanut butter and Almond Butter..reasonably priced considering it's all natural and

gluten free grass fed beef healthy dessert recipes healthy eating plan healthy fats Healthy Foods healthy meal ideas healthy meal plan healthy meal plans help me lose weight high cholesterol I need to lose weight i need to lose weight and fast irritable bowel syndrome lose weight losing weight meal plans metabolism need to lose weight organic saturated fat saturated fats trans fat trans fats weight loss weight loss meal plans weight loss results wheat free diet workouts

Twitter [IsabelDeLosRios](#)

*Foods to Avoid in Your Healthy Meal Plans to Lose Weight: People get excited about a*  
<http://bit.ly/qIsDQW> 2011/08/08



ground right there.



11. This sounds just like what I need to loose about 30 more lbs. I have lost 36 lbs. But seem to be at a lost for continueing to loose. Eating the type of fats you are talking about helped me loose the first 36 lbs but then I started getting hungry and ate things I should not have. Please let me know how to find the books on line. Thank you, Ruth

Ruth Brewer  
Aug 19 2010



12. Ruth, you can purchase the program at <http://www.thedietsolutionprogram.com>.

TheDietSolution  
Aug 19 2010



13. Great info Isabel. Since I have incorporated coconut oil in my meals; the fat has been melting off. I'm even trying to get my friends and family to use it. What do you think about Avocado oil? I read it 's even better then coconut oil.

Pam  
Sep 5 2010



14. Pam, that's great! Keep up the good work! To answer your question, avocado oil has a very low smoke point so I would only eat it raw as a dressing oil.

TheDietSolution  
Sep 6 2010



15. Hello,  
I would like to know if goat milk is allowed on the diet solution program?  
Also, I cannot find raw, organic goat milk in my area. Is it OK to drink just regular goat milk?

Liset  
Sep 14 2010

Thank you



16. Dear Isabel,  
I've been on the diet solution program for one month now, and I'm happy with the results so far.  
Can you please recommend a good multi-vitamin supplement that I can take on a daily basis? There are so many out there, and I would like to steer away from synthetic ones.

Liset  
Sep 14 2010

Thank you in advance.



17. Liset, goat milk is allowed, but I would still look for raw and organic. Also, read this post for my take on multi-vitamins:  
<http://www.thedietsolutionprogram.com/blog/the-surprising-truth-about-your-multi-vitamin/>

TheDietSolution  
Sep 15 2010



18. What about Smart Balance b/c it has the omg-3? Is it just as bad as I can't believe it's not butter? And do you make your own peanut butter? Do you add any sweetener/sugar to it? I've tried the Smart Balance peanut butter and could not eat it b/c it tasted so bad.

Stephanie  
Sep 28 2010



19. Stephanie, Smart Balance is not a product I would recommend. It has quite a few artificial ingredients. My favorite nut butter is an almond butter that I purchase at Trader Joe's. You can make your own peanut butter though.

TheDietSolution  
Oct 4 2010



20. i am interested in learning more about the omeg fats and staying healthy.

susie schwartz  
Dec 6 2010



21. i have heard that pumpernickel or rye bread is best for diabetics. is that true?

sharon



Dec 22 2010



TheDietSolution  
Dec 24 2010

22. Sharon, I don't recommend eating either one of those breads. Personally, I stay away from bread altogether. If you choose to consume bread, though, stick with Ezekiel 4:9 sprouted grain bread. My dad is a diabetic, and he follows the DSP to a T and has had no problems. Hope that helps!



Ariana  
Mar 31 2011

23. Isabel, why aren't nuts and seeds considered as your fats? They have more fat than the protein! :/

24.



Lydia  
Jun 5 2011

Hi Isabel,

Is it okay to eat almond butter made from roasted almonds? I recall you saying that roasted nuts are no good since it causes the oils in them to go rancid, but I can't seem to find raw nut butters anywhere in stores. Do roasted nuts do more harm than good?



devi  
Jun 5 2011

25. what type of rice is better? .Is parboiled and enriched rice better than Basmati or Jasmie rice?.Is substituting rice with whole wheat indian bread like chapathi a good idea especially for someone with diabetes?



TheDietSolution  
Jun 14 2011

26. Devi, the parboiled and enriched white rice is the one you want to stay away from. Basmati and jasmine are both great choices! Whole wheat breads of any kind should be avoided.



TheDietSolution  
Jun 14 2011

27. Lydia, stick with nut butters made from raw nuts.

28.



Brandon Ray  
Jun 22 2011

I have a problem with getting rid of fat from my lower belly. It just sits there. What is up with that. I eat grapes in the morning, raw vegetables in the evening, and for dinner I make tomato soup, using canned tomato sauce. I jog 5 miles. I stay in the gym. I am lost. Is there a more effective way? Of course it isn't the same daily meal plan, I just stop myself from eating processed dried fruits, specifically speaking "" Craisins""". I am on a raw food diet. You think its because I just started. Then to I take body cleansing supplements to help regulate my digestive track. I am also on HCG. Is there any solution to this small problem?

29.



LIBBY  
Aug 7 2011

hello,my name is libby and i live in ohio i'am a diabetic and i weigh in at 391 n half and so far i have lost 40 pounds and i want to take it off faster i was the smallest of the girls but having my kids and losing my mother, and in a couple of years i was trying to lose weight i was losing some and then the day i got the call that my son is dead from there on i did not care of what happen to me, i was using, food for comfort and all i wanted to do is sleep and this is the size i told myself i was tired of caring this fat around its even hard to keep your house cleaned i was really mad at myself for getting this way, so i called upon my lord to help me and to make food bitter for my toungue, and he has blessed me because i lost 40 pds so far. i have had alot of surgery because i was in a couple of bad accident's in my life time the one that i had in 1997 i should of been dead but he is not ready for me yet i have a daughter and she has done the same thing i done this girl used to wear extra small in her clothes now r 3-4 plus she a little bigger than me she has it where it is where are family puts the weight on at his in our stomach i know one day i will get this off but i;am limited on what kind of exercise i do but i move around when i can but my daughter don't want to do nothing and i keep on telling her she has to move more than she eats but she eats but she needs to eat 6 -7 mini meals a day like i do well this is our story and i hope you can help us to get on the right track and to stay on the road to getting healthy. just a mother and daughter that has it to get off these pounds she don't work and right now she can't move around to work for anyone and trying to get a treadmill to exercise on they want people to lose weight things needs to be cheaper just a mother and daughter that would do anything for each other or if a stranger needs help

we would be there in a heart beat, may god bless you all



LIBBY

Aug 7 2011

30. what is the best way to lose your belly fat i can't walk for a;ong time or sit down for a long period of time i think there is hope i'am thinking about taking a rolling pin and roll mine away don't you think that might work just roll the fat away

Share your thoughts, post a comment.

Name

(required)

Email

(required)

Website

Comment

Note: HTML is allowed. Your email address will never be published.

[Subscribe to comments](#)

©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our [privacy policy](#), can be read right here. By entering, you agree to these [terms and conditions](#), You can view our other [disclaimer](#) information here.

You can also visit our [home page](#), join our [newsletter](#), see some of our [success stories](#), read more [about Isabel](#), or [Order](#).

[Healthy Foods To Lose Weight Videos](#), [Weight Loss Meal Plans](#), [Fat Loss Articles](#), [Easy Diet Recipes](#)

[The Diet Solution Program](#) | [What To Eat While Pregnant](#) | [Blog](#) | [Fitness](#) | [Contact Us & FAQ](#)



# THE DIET SOLUTION

Stop Dieting...*Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL Diet & Nutrition Program On The Internet

[Home](#) | [Articles](#) | [Recipes](#) | [Video](#) | [About Isabel De Los Rios](#)

[Diet Solution Program](#) > [Video](#) > The Truth About Saturated Fats

## The Truth About Saturated Fats



PRESS PLAY! 

Click here to discover my **Fat Burning Secrets**

RETURN TO YOUR **FAT LOSS PRESENTATION** 

[Find out the real truth about butter: good fat or bad fat?](#)

Did you like this article? Share it with your friends on Facebook.

 Like  212 likes. [Sign Up](#) to see what your friends like.

May 4, 2010 | [21 comments](#)

[Read more from Video](#)

[bad fat](#), [saturated fat](#), [saturated fats](#), [trans fat](#), [trans fats](#)

### 21 Comments

[Post a comment](#)



1. keep this information coming. people need this !!

john  
May 24 2010



2. I joined this past week; the science of DSL makes perfect sense and I'm on board looking fwd to losing 40 or 50 LBS.

hannah  
Jun 3 2010

Being that the DSL doesn't come in book form and the info comes from so many links, I'm having a hard time finding the basic starting info - I think its really important to know how MUCH I should be eating of these healthy foods...

I found out from one member yesterday there's a points system for the foods, for instance. I assume the daily allowance varies with one's metabolic type (I'm 'mixed').

Can someone give me this info, or point me to a link that tells me this stuff?



Sign Up Here and Receive FREE "Your *Must Have* Starter Kit To Permanent Weight Loss & Vibrant Health" 7 Day E-Course

[Fitness Product Evaluations](#)

[Success Stories](#)

[The Diet Solution Blog](#)

### Tags

[best way to burn fat](#) [body fat](#) [fat loss](#) [burn calories](#) [burn fat](#) [Butter](#) [chicken recipes](#) [coconut oil](#) [counting calories](#) [dairy free diet](#) [diet plan](#) [diet plan for weight loss](#) [exercise](#) [fat burning](#) [fat burning exercises](#) [fat burning foods](#) [fat burning workout](#) [fat loss tips](#)

Thanks so much!



robert

Jun 8 2010

- 3. Hannah, once you figure out what metabolic type you are, consult the chapter on calories to estimate your healthy daily calorie requirements. the chapter on daily meal planning will help you choose the right foods for your type, as well as the idea proportions and serving sizes.



Morgan

Jun 29 2010

- 4. From what I read, you buy the program then download the books to your computer. Can you print them for reading after download? I am interested in the program, but is there any place I can buy the book form? I am on my computer all day and the last thing I want is to read books on it during my off time. Any plans to print the books for purchase?

Can I print them from my computer after download?



robert

Jun 29 2010

- 5. The Diet Solution Program is a downloadable program, but you can absolutely print the books once you download them. Another option is to purchase the hard copy of the books - there is a link to this on the download page.



Geese

Jul 17 2010

- 6. Thanks for the info



Ralph

Jul 23 2010

- 7. I LOVE YOU, YOU ARE THE BEST. 😊 (:)-



Kimbakat

Aug 1 2010

- 8. YES!!! Brilliant!!! I just found out my parents stopped using "You can't believe it's not butter"...to REAL BUTTER..and they are in their 60s! Their nutritionist informed them of this also.

Rule of Thumb..

if it is produced by the earth..it's good to go!

If its mass produced in a factory or plant..it's never good to go! This includes mass produced poultry and animal products.

The egg or milk from animals...the better those animals are treated and "untreated by chemicals and anti-biotics" the better for them..the better for you...then it's good to go!

I don't eat meat..but if I had to..it would be Angus certified. ONLY.



Alex

Aug 3 2010

- 9. One important thing you should specify to add even with the best «diet»:

Move!

You can eat as healthy as you want, your body need to MOVE.

So combine BOTH.



erika

Aug 3 2010

- 10. Great and informative video , all these things are true and make alot of sense. we need to take all of these things into account so our families can live longer!



Jess

Aug 18 2010

- 11. Hey i have a few questions 😊 I just started the DSP last week and I'm already feeling the benefits and really enjoying the food! The lady at the our local health food store was shocked but pleased to see someone my age (I'm 20) purchasing 'good' foods and having an understanding about them. But it came as a huge shock, not to mention worry that grass-fed/organic meats (other than chicken) are not available in Adelaide. Adelaide is the only place in

Australia that does not have access to such products. Anyway what i wanted to ask was what could i substitute meat for on my DSP that insures i still get all the vitamins/minerals etc. i would get if i were eating red meat? Thank you 😊 Also is there anywhere we can post

gluten free grass fed beef healthy dessert recipes healthy eating plan healthy fats Healthy Foods healthy meal ideas healthy meal plan healthy meal plans help me lose weight high cholesterol I need to lose weight i need to lose weight and fast irritable bowel syndrome lose weight losing weight meal plans metabolism need to lose weight organic saturated fat saturated fats trans fat trans fats weight loss weight loss meal plans weight loss results wheat free diet workouts

Twitter IsabelDeLosRios


*Foods to Avoid in Your Healthy Meal Plans to Lose Weight: People get excited about a*

<http://bit.ly/qIsDQW> 2011/08/08



questions or an e-mail we can send to? Thanks again.

Sincerely, Jess 😊

12.  I'm in the same boat as Hannah!  
I joined this past week;  
Being that the DSL doesn't come in book form and the info comes from so many  
links, I'm having a hard time finding the basic starting info - I think its really  
important to know how MUCH I should be eating of these healthy foods...
- Tia  
Sep 13 2010

Can someone give me this info, or point me to a link that tells me this stuff?

Thanks so much!



TheDietSolution  
Sep 13 2010

13. Tia and Hannah, the most basic information is in the DSP manual. You could  
also look at the 14-day Quick Start Guide to get an idea as what the best  
way to break into the program is.



Shahril  
Nov 28 2010

14. One thing I noticed that the older generations (like my grandma - she's 81  
years now) drink plenty of slightly warm boiled water after any meal. Of course  
during that time, freezer is not an essential house hold item but I honestly  
think that this practice led to their long healthy life style without having any  
heart problems.




jane  
Dec 5 2010


15. very helpful!





Denta  
Feb 6 2011

16. I take a glass of warm water to take my meds. My relation (older)always drank  
room temp water all the time.


17.  warmer or room temperature digests faster than cold water and in turn helps  
make whatever solid taken with it more effeciently dissolve into the digestive  
system.
- ken  
Feb 19 2011
- also, Ive always taken the advice to drink water about 20 minutes before eating  
a meal because its much easier to digest and gets the digestive system already  
in "warmed up" so to speak so its more effecient by the time the heavier meal comes along  
to digest bettter...kind of like a warmed up engine of ur car burns fuel more effeciently than  
during a cold starting period.

18.  also, Ive always taken the advice to drink water about 20  
minutes before eating a meal because its much easier to digest  
and gets the digestive system already in "warmed up" so to  
speak so its more effecient by the time the heavier meal comes  
along to digest bettter...kind of like a warmed up engine of ur  
car burns fuel more effeciently than during a cold starting  
period.
- kamrul\_kamal@yahoo.com  
Apr 16 2011

19.  I went on your eating program March 1st at 291 pounds. I am age 72 and this is  
way overweight for even a big frame person and 6 feet tall. I also used the  
PROGRADE Metabolism supplement and now 3 1/2 months later I am down 37  
pounds. I even have "fudged" a bit and would be down even more had I been  
100% strictly on your plan. Thank you for all you have given in the arena of  
proper, good nutrition.
- paul  
Jun 10 2011

20.  This is like a diabetic diet. Low calorie, low GI, and a lot of information on  
how to keep your secretions, like insulin, under the fat producing limit.  
[anabolic vs. catabolic]  
There is no way to find out how your food is effecting your blood sugar,  
except diabetic testing. Every bodies different. If you are going to eat a lot  
of carbs, make sure they are low GI like TDS says, or your insulin will deliver  
fat & cholesterol to your fat cells.
- Robert Peddle  
Jun 29 2011

One time when I tested, I went from 129 blood sugar to 525, after a small orange juice. This effect is real, and fruit IS low GI. This a diabetic test strip I took. no sugary juice/soda. This is a great plan to dispel the marketing ploys and industrial product raps that promote cereal grain chemistry [oils like corn, soy, canola, safflower, and then un-natural hydrogenated trans fat].[corn syrup].  
Thanks.

21.  [what to eat while pregnant review](#)  
Sep 16 2011
- Thanks for the Information, it is true I have increased my saturated fat consumption (the good ones) more, and I have increased my energy and just look better overall. Thanks for always being truthful and giving great content 😊

Alicia Birmingham

Share your thoughts, post a comment.

Name

(required)

Email

(required)

Website

Comment

Note: HTML is allowed. Your email address will never be published.

[Subscribe to comments](#)

©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our [privacy policy](#), can be read right here. By entering, you agree to these [terms and conditions](#), You can view our other [disclaimer](#) information here.

You can also visit our [home page](#), join our [newsletter](#), see some of our [success stories](#), read more [about Isabel](#), or [Order](#).

[Healthy Foods To Lose Weight Videos](#), [Weight Loss Meal Plans](#), [Fat Loss Articles](#), [Easy Diet Recipes](#)

[The Diet Solution Program](#) | [What To Eat While Pregnant](#) | [Blog](#) | [Fitness](#) | [Contact Us & FAQ](#)





# THE DIET SOLUTION

## Stop Dieting...*Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL Diet & Nutrition Program On The Internet

[Home](#) | [Articles](#) | [Recipes](#) | [Video](#) | [About Isabel De Los Rios](#)

[Diet Solution Program](#) > [Recipes](#) > [Meals](#) > DSP Approved Shepherd's Pie

## DSP Approved Shepherd's Pie



(taken from simplyrecipes.com)

### Ingredients

- 1 1/2 lbs ground buffalo or turkey ([Grassland Beef](#))
- 1 onion chopped
- 1-2 cups vegetables - chopped carrots, corn, peas
- 1 1/2 - 2 lbs cauliflower
- 8 tablespoons butter (1 stick)
- 1/2 cup beef broth (use low sodium)
- 1 teaspoon Worcestershire sauce

[Sea Salt](#), pepper, other seasonings of choice

### Directions

1. Steam cauliflower so you can mash it or put it in the blender so they resemble mashed potatoes.
2. While the cauliflower is cooking, melt 4 Tablespoons butter (1/2 a stick) in large frying pan.
3. Sauté onions in butter until tender over medium heat (10 mins). If you are adding vegetables, add them according to cooking time. Put any carrots in with the onions. Add corn or peas either at the end of the cooking of the onions, or after the meat has initially cooked.
4. Add ground buffalo or turkey and sauté until no longer pink. Add salt and pepper. Add worcesterchire sauce. Add half a cup of beef broth and cook, uncovered, over low heat for 10 minutes, adding more beef broth as necessary to keep moist.
5. Put cauliflower in the blender until they resemble mash potatoes with remainder of butter, season to taste.
6. Place beef and onions in baking dish. Distribute cauliflower on top. Rough up with a fork so that there are peaks that will brown nicely. You can use the fork to make some designs in the cauliflower as well.
7. Cook in 400 degree oven until bubbling and brown (about 30 minutes). Broil for last few minutes if necessary to brown. Watch this carefully, as your cooking time will be less because you are using cauliflower.

Did you like this article? Share it with your friends on Facebook.

Like 236 likes. [Sign Up](#) to see what your friends like.

May 18, 2010 | [78 comments](#)

[Read more from Meals, Recipes](#)

**78 Comments**

[Post a comment](#)

**PRESS PLAY!**

**Click here to discover my Fat Burning Secrets**

**RETURN TO YOUR FAT LOSS PRESENTATION**



Sign Up Here and Receive FREE "Your *Must Have* Starter Kit To Permanent Weight Loss & Vibrant Health" 7 Day E-Course


[Fitness Product Evaluations](#)

[Success Stories](#)

[The Diet Solution Blog](#)

### Tags

best way to burn fat body fat loss burn calories burn fat Butter chicken recipes coconut oil counting calories dairy free diet diet plan diet plan for weight loss exercise fat burning exercises fat burning foods fat burning workout fat loss tips

1.  We are hosting an International Food Festival at our Church early in September and I volunteered to cook an Irish dish. The Shepherd's Pie sounds great and I plan to try it...but have a question: how large a pan is required for this recipe and how many people will it serve? Each of our recipes needs to serve 20 people...please post the response quickly so I will be prepared. Thanks!!

Gladys Brayer  
Aug 3 2010



TheDietSolution  
Aug 4 2010

2. The recipe given in this blog post serves about 4 people, if each is taking a decent-sized portion, but you can obviously multiply the measurements so it will feed 20 people then.



blubber  
Aug 4 2010

3. interesting taste



blubber  
Aug 4 2010

4. very interesting flavor



Phyllis  
Aug 5 2010

5. tried the recipe and it was great. The whole family enjoyed it and the dish was finished by the next day. It was very filling.



Sunny  
Aug 30 2010

6. I started cooking very recently. It took some effort to make given that I have absolutely no experience with cooking but the Shepherd's pie turned out great. Thanks for the recipe.



jamie  
Sep 1 2010

7. what kind of butter do i use?? you never said?? please let me know , i use butte that has vitamin D in it, (country crock) is that ok?? and what is (stevia)>>>???



Kevin  
Sep 3 2010

8. I love to cook and I am excited to try many of your recipes. I will be cooking your shepherd's pie soon.



TheDietSolution  
Sep 13 2010

9. Jamie,  
Use raw organic butter. Country Crock is not a good type to use.  
Stevia is a natural alternative to sugar.



LOUISA  
Oct 9 2010

10. Delicious .... however NEXT TIME ... I will try using SWEET POTATO (YAM) INSTEAD OF THE CONVENTIONAL potato - plus it's on the DSP good Carbs list - right!???  
What do you think:)??? mmm!



RuthAnn  
Nov 17 2010

11. do you always use ground turkey? we buy our beef from someone we know and it is grass-fed, no antibiotics or hormones.



Jenn  
Dec 9 2010

12. Can you use boca crumbles instead of meat and if not recommended what else would be a good sub for meat protein.

gluten free grass fed beef healthy dessert recipes healthy eating plan healthy fats Healthy Foods healthy meal ideas healthy meal plan healthy meal plans help me lose weight high cholesterol I need to lose weight i need to lose weight and fast irritable bowel syndrome lose weight losing weight meal plans metabolism need to lose weight organic saturated fat saturated fats trans fat trans fats weight loss weight loss meal plans weight loss results wheat free diet workouts

Twitter [IsabelDeLosRios](#)

*Foods to Avoid in Your Healthy Meal Plans to Lose Weight: People get excited about a*  
<http://bit.ly/qIsDQW> 2011/08/08





13. I've just found your sight. LOVE IT! Great recipes. Snowed in here for four days so I prepared meals. Shepard's Pie was fabulous. Will definitely prepare it again. Thank you so much.

Patricia

Jan 13 2011



14. Are Yukon Gold potatoes considered a bad carb? Should I not use them as a substitute for the cauliflower?

Paul

Jan 20 2011



15. Looking for a good DSP approved Turkey Pot Pie Recipe. I am using wild Turkey. I have a 15 to 20 lb bird.

Aaron Johns

Jan 22 2011



16. This came out fantastic!! My wife doesn't like cauliflower so I never told her what was in it and she loved it.

Mike

Jan 23 2011



17. Jenn, boca crumbles are made from soy, which is something I recommend staying away from.

TheDietSolution

Jan 26 2011



18. Paul, potatoes are not a bad carb, but cauliflower is a MUCH better choice.

TheDietSolution

Jan 26 2011



19. This is a lot like the traditional recipe, which by the way is called cottage pie unless you make it with lamb, then it is a true shepherd's pie. It makes great leftovers, so I always make more than I need.

Pat

Feb 2 2011



20. i love the shepards pie receipe and so do my children and husband. We have dairy allergies and gluten sensitivities in our family and I just love all of your receipes because they are so allergy friendly. thanks for all you do! you are the best. you have made my life easier, especially with the challenges that we come upon with our little ones and the allergies/sensitivities. The silver lining in it all is that we llive a healthier life style. Thanks again.

jean

Mar 15 2011



21. As buffalo is not available in Ireland and turkey is traditionally eaten at Christmas time, I would generally eat Shepherd's Pie with a minced lamb or beef, would either of these work within your weight loss program or do you have other suggestions? Thanks.

Jenn

Mar 16 2011



22. I got thumbs up from 2 teenagers and a husband who grew up on white rice with every meal....everyone loved the Shepard's' Pie. My husband said to me...."What is this cream on top?" - Alias...the cauliflower blended with spices and 1/2 stick of butter. I mixed in a package of frozen veggies to beef it up....Not that we are counting calories, but Isabel...how many calories are in a serving? It would be nice to post the nutritional

marlisa zebaida

Apr 12 2011

breakdown. Thanks! Mama Zebaida



23. Great recipe! I added some organic garlic powder in the mash cauliflower and the ground turkey to enhance the flavor.

Laura P

Apr 12 2011




24. This is a really great recipe. I did make some changes to it that I think are pretty good. I did not use peas but I used fresh diced tomatoes, minced garlic &


Randi  
Apr 19 2011  
onions. I also ran out of enough cauliflower so I mixed the cauliflower with cooked Quinoa, with only 2 tablespoons butter, garlic, sea salt & pepper. My family of six used to love my Shepards pie but they really loved this healthier choice!



jasmin  
May 25 2011

25. every body should definately taste this !) !!!

26.   
Jen  
Jun 3 2011  
OMG! Let me share... I generally DO NOT write comments but had to on this one! I have three guys (husband and two boys) and let me tell ya - I didn't make enough! They absolutely LOVED, loved, loved it! Of course I didn't let any of them know it was made with cauliflower until I saw them scraping the dish and them wishing they had more! LOL - Truly a great recipe! THANK YOU! Happy Healthy Cooking!

27.   
Jana  
Aug 15 2011  
Just found your site and am looking forward to trying many of the recipes. I'm wondering if I can use ground venison (deer meat) in your dishes that call for ground buffalo or turkey? I don't care for ground turkey and buffalo is expensive. I have grown up eating venison and we make our own ground meat - using about 75% venison and 25% beef brisket. If you don't add the brisket the ground venison is too dry to cook because it has no fat.



TheDietSolution  
Aug 29 2011

28. Jana, you can absolutely use ground venison.

**Share your thoughts, post a comment.**

**Name**

(required)

**Email**

(required)

**Website**

**Comment**

**Note:** HTML is allowed. Your email address will never be published.

[Subscribe to comments](#)

other [disclaimer](#) information here.

You can also visit our [home page](#), join our [newsletter](#), see some of our [success stories](#), read more [about Isabel](#), or [Order](#).

*[Healthy Foods To Lose Weight Videos](#), [Weight Loss Meal Plans](#), [Fat Loss Articles](#), [Easy Diet Recipes](#)*



[The Diet Solution Program](#) | [What To Eat While Pregnant](#) | [Blog](#) | [Fitness](#) | [Contact Us & FAQ](#)



# THE DIET SOLUTION

Stop Dieting...*Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL  
Diet & Nutrition Program On The Internet

 *Don't miss a second of all the Fat Burning Tips we have for you - Be sure your volume is up and give the page just a few seconds to load* 

Enter Your Email Address:

**START BURNING FAT NOW!**



**For A Limited Time Only**  
**Grab These Special Bonuses!**  
*(\*With Your Purchase)*

**FREE MEMBERSHIP TO**



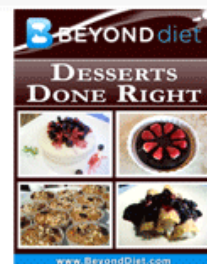
a supportive community  
for all of your  
dieting and health needs.

+



**14 Days of  
Supercharged  
Meals**

+



**51 Fat Burning  
Desserts**

©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our privacy policy, can be read right here. By entering, you agree to these terms and conditions, You can view our other disclaimer information here.

You can also visit our home page, join our newsletter, see some of our success stories, read more about Isabel, or Order.

***Healthy Foods To Lose Weight Videos, Weight Loss Meal Plans, Fat Loss Articles, Easy Diet Recipes***

The Diet Solution Program | What To Eat While Pregnant | Blog | Fitness | Resources | Contact & FAQ

# THE DIET SOLUTION

Stop Dieting...*Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL Diet & Nutrition Program On The Internet

[Home](#) | [Articles](#) | **[Recipes](#)** | [Video](#) | [About Isabel De Los Rios](#)

[Meals](#) | [Sides](#) | [Beverages](#) | [Snacks](#) | [Desserts](#) | [Breakfast](#) | [Condiments](#) | [Salads](#)

## Recipes



### Warm Quinoa Salad

Courtesy of GroupRecipes.com Ingredients \* [Read More...](#)



### "Cocoa-Nut" Bananas

A snack to satisfy that chocolate craving! [Read More...](#)

### Fruit Pizza

A great snack idea from two DSP members. [Read More...](#)

### Zucchini Hummus

Here's an easy way to get more vegetables into snack time! Serve with vegetable sticks for dipping. [Read More...](#)

### Mashed Sweet Potatoes

Courtesy of cooks.com Ingredients \* [Read More...](#)

### Cranberry Sauce

Courtesy of Laura Dolson and [Read More...](#)



### Pumpkin Pie Pudding

Courtesy of Healthy Food for [Read More...](#)

### Mediterranean Roast Turkey

Another delicious meal to make in your crock pot! [Read More...](#)

### African Chick Pea Stew

PRESS PLAY!

Click here to discover my **Fat Burning Secrets**

RETURN TO YOUR **FAT LOSS PRESENTATION**



Sign Up Here and Receive FREE "Your *Must Have* Starter Kit To Permanent Weight Loss & Vibrant Health" 7 Day E-Course

[Fitness Product Evaluations](#)

[Success Stories](#)

[The Diet Solution Blog](#)

## Tags

best way to burn fat body fat loss burn calories burn fat Butter chicken recipes coconut oil counting calories dairy free diet diet plan diet plan for weight loss exercise fat burning exercises fat burning foods



This delicious vegetarian stew can be served alone, or over brown rice. [Read More...](#)

## Gazpacho

Two delicious recipes for gazpacho - one chunky and one pureed! [Read More...](#)



### Stuffed Peppers

A great meal idea from one of our awesome members! [Read More...](#)



### Spaghetti Squash & Turkey Meatballs

This alternative to a classic meal is a great low-budget recipe that your whole family will love! [Read More...](#)



### Almond Crusted Chicken

The almonds turn this otherwise ordinary chicken dish into a crunchy, nutritious meal that packs a healthy dose of vitamin E and fiber. [Read More...](#)



### Baked Buffalo Wings

No frying necessary to make these yummy wings! [Read More...](#)



### Healthy Buffalo Meatloaf

Mmm.. a great alternative to your typical meatloaf! [Read More...](#)

[« Older Entries](#)

fat burning workout fat loss tips  
gluten free grass fed beef healthy  
dessert recipes healthy eating  
plan healthy fats Healthy Foods  
healthy meal ideas healthy meal  
plan healthy meal  
plans help me lose weight high  
cholesterol I need to lose weight i  
need to lose weight and fast  
irritable bowel syndrome lose  
weight losing weight meal  
plans metabolism need to lose  
weight organic saturated fat  
saturated fats trans fat trans fats  
weight loss weight loss meal plans  
weight loss results wheat free  
diet workouts

Twitter [IsabelDeLosRios](#)

*Foods to Avoid in Your Healthy Meal Plans to Lose Weight: People get excited about a*  
<http://bit.ly/qIsDQW> 2011/08/08



©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our [privacy policy](#), can be read right here. By entering, you agree to these [terms and conditions](#), You can view our other [disclaimer](#) information here.

You can also visit our [home page](#), join our [newsletter](#), see some of our [success stories](#), read more [about Isabel](#), or [Order](#).

[Healthy Foods To Lose Weight Videos](#), [Weight Loss Meal Plans](#), [Fat Loss Articles](#), [Easy Diet Recipes](#)

[The Diet Solution Program](#) | [What To Eat While Pregnant](#) | [Blog](#) | [Fitness](#) | [Contact Us & FAQ](#)







# THE DIET SOLUTION

Stop Dieting...*Start Eating*...and Start Living!

The #1 HONEST and ALL NATURAL  
Diet & Nutrition Program On The Internet

 *Don't miss a second of all the Fat Burning Tips we have for you - Be sure your volume is up and give the page just a few seconds to load* 

Enter Your Email Address:

**START BURNING FAT NOW!**



**For A Limited Time Only**  
**Grab These Special Bonuses!**  
*(\*With Your Purchase)*

**FREE MEMBERSHIP TO**



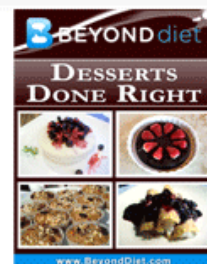
a supportive community  
for all of your  
dieting and health needs.

+



**14 Days of  
Supercharged  
Meals**

+



**51 Fat Burning  
Desserts**

©2008-2010 Live Smart Solutions, LLC, 3405 Salterbeck Street Suite 200D Mt. Pleasant, SC 29466. We regard your privacy with the utmost importance. Our privacy policy, can be read right here. By entering, you agree to these terms and conditions, You can view our other disclaimer information here.

You can also visit our home page, join our newsletter, see some of our success stories, read more about Isabel, or Order.

***Healthy Foods To Lose Weight Videos, Weight Loss Meal Plans, Fat Loss Articles, Easy Diet Recipes***

The Diet Solution Program | What To Eat While Pregnant | Blog | Fitness | Resources | Contact & FAQ