



OUT OF CONTROL FOOD CRAVINGS?

GET ON TRACK WITH OUR

FREE GUIDE



HOW TO KILL FOOD CRAVINGS [FREE GUIDE]

CONGRATS on downloading this *How To Kill Your Food Cravings* free guide!

It means, like me, you've probably had those late night cravings or felt zero willpower when walking past that plate of chocolates at the holiday party.

So what the heck are cravings anyway?? is probably a question you haven't asked...

So here's the thing – we often chalk up our weakness when it comes to cravings to a lack of willpower. **But the science is showing something rather different.**

The truth is, our food cravings often have less to do with willpower and more to do with mineral or biochemical imbalances in our bodies. Many of these imbalances can be easily addressed and their associated food cravings lessened (or eliminated) with a few simple tweaks when it comes to what you're eating day-to-day.

This guide has helped [thousands of our successful clients](#) identify which foods to start incorporating into their daily meals to begin to kill the very cravings that kept derailing them.

IMPORTANT NOTE:

If one-size-fits-all doesn't work for shirts, it certainly doesn't work for nutrition and weight loss. At *re:vitalize weight loss & wellness* we use cutting edge technology and a proven approach to build customized weight loss nutrition and coaching plans for each individual.

If you're interested in learning more about our programs to help repair your metabolism, kill your food cravings, and how to lose weight and keep it off go to: revitalizeweightloss.com.

Cheering you on,

Dan LeMoine | Co-Founder, *re:vitalize weight loss & wellness*

P.S. We've added a SPECIAL BONUS just for you at the end of this guide!

At the end of this guide you'll find a handful of bespoke recipes we worked exclusively with the executive chef of the Phoenix Suns to create. *Bon appétit!*

HOW TO OVERCOME FOOD CRAVINGS

Ever feel like you lack the willpower to overcome cravings because they're just too strong? The reason for those cravings is often rooted in certain vitamins and minerals your body needs. Here's where to get what your body needs to satiate those cravings, without losing your progress.

***NOTE:** Not all the "What To Eat Instead" foods are Stage 2 & Stage 3 compliant.

<h2 style="text-align: center;">FOOD CRAVINGS</h2> <p style="text-align: center;">revitalizeweightloss.com</p>		
YOUR CRAVING	WHAT YOU NEED	WHAT TO EAT INSTEAD
CHOCOLATE	MAGNESIUM	Nuts, seeds, veggies & fruits
SUGARY FOODS	CHROMIUM	Broccoli, grapes, cheese, chicken
	CARBON	Fresh fruits
	PHOSPHORUS	Chicken, beef, fatty fish, eggs, dairy, nuts, veggies, grains
	SULPHUR	Cranberries, horseradish, cabbage, cauliflower
	TRYPTOPHAN	Cheese, raisins, sweet potatoes, spinach
BREAD, PASTA, & OTHER STARCHY CARBS	NITROGEN	High protein foods: meats, fatty fish, nuts, beans, chia seeds
OILY FOODS	CALCIUM	Organic milk, cheese, green leafy vegetables
SALTY FOODS	CHLORIDE	Fatty fish, goat milk
	SILICON	Cashews, nuts, seeds

SOURCE: COACHING & WEIGHT MANAGEMENT



OUR APPROACH

Technology + Biometric Analysis

We use the latest technology to take the guesswork out of weight loss. Biometric analysis and the re:vitalize Bioscan™ technology gives each client a roadmap of what their body needs to lose weight sustainably.

Anti-Inflammatory, Whole Food Approach

We work one-on-one with each client to create a balanced eating plan customized for their body's unique biological preferences. The focus is on proper hydration, eating nutrient-dense, unprocessed foods to reduce inflammation and reignite their metabolism. Our plant-based supplements use only the best phytonutrients to help rebalance the body's biochemistry and reawaken the body's ability to lose weight naturally.

NO MEDICATIONS OR STIMULANTS

NO PREPACKAGED FOODS

NO SURGERY



OUR DIFFERENCE

Expert Support + Personalized Attention

Our staff of expert, board certified health coaches and nutritionists partner with each client on their wellness journey to ensure the results and attention their health deserves. Having the right roadmap and tools is only half the battle when looking to achieve long-term result. Our seasoned team offers daily accountability and support to guide each client to make lasting lifestyle changes. Additionally, each coach, nutritionist, and doctor on staff has successfully completed the re:vitalize program, so we'll never be suggesting anything we haven't been through ourselves. We check in with clients each day to make sure they stay on track, and each client comes in weekly for a brief personal appointment and body composition analysis.

LOSE **20** LBS **GUARANTEED**

GUARANTEED RESULTS

We Guarantee Results on Our Program

We are so confident in our technology, coaching, and approach that we actually *GUARANTEE* clients will see significant results. We are also selective on who we take on as clients, and only take on those we believe we can successfully help reach their goals.

OUR CO-FOUNDERS

Dr. Noel Abood

I know firsthand the devastating effects of being overweight.

I suffered a heart attack on the tennis court at the age of 49. This life-altering event led me to dive even deeper into the subject of wellness and weight loss.

Many weight loss programs do a wonderful job at helping you lose weight. However, they fail to offer any of the much-needed support to maintaining a healthy weight and lifestyle, and very few approach weight loss in an anti-inflammatory health-restoring way. We set out to change that.

At re:vitalize, we have a passion to help clients avoid the many frustrations that traditional dieting brings. We use science, technology, and highly personalized support to offer long lasting results with minimal effort. Together, let's make this the last diet program your patients ever need!

– DR. NOEL ABOOD, DC



Dan LeMoine, CEO

Dan is passionate about helping others get healthy and reclaim their best lives. Dan holds two board certifications in holistic nutrition and has been passionate about fitness and nutrition since as long as he can remember.

In 2017, Dan and his wife, Danae (also a nutritionist on staff at re:vitalize), partnered with Dr. Abood to create the re:vitalize program after seeing some close family members work with Dr. Abood closely and saw life-changing results.



OUR TEAM

Each one of our practitioners is board certified in holistic nutrition, and each team member has gone through the re:vitalize program themselves. They embody our core values of personal connection, eager professionalism, and empathy and authority and are passionate about helping transform lives.

RESULTS BEYOND THE SCALE

The re:vitalize Bioscan™ technology helps give you a roadmap to which foods and micronutrients are best for *YOUR* body to lose weight and assist in rebalancing underlying issues effecting the metabolism. Our staff of board-certified holistic health coaches and nutritionists further customize each client's plan to removes the guesswork and provide high-touch, personalized accountability to help clients make lasting lifestyle changes to keep the weight off.

Each re:vitalize program is based on a customized list of whole foods, avoids the use of medications or hormones; there's no prepackaged foods, bars or shakes and no calorie restrictions to ensure maximum efficacy and sustainability.

“Our focus is on metabolic improvement and reversing metabolic syndrome through an anti-inflammatory, whole food diet and lifestyle changes. Results need go beyond pounds on a scale.”

- DAN LEMOINE

“Life-Changing Results, Inside and Out”



LOSE **20** LBS **GUARANTEED**

WHAT OTHERS ARE SAYING



“This approach will do for you what Dr. Abood and Dan have done for so many of my patients who have been wrestling with diabetes, high blood pressure, and other obesity-related diseases: take your nutrition and health to the next level. They will show you how to not only get back to your healthiest weight and self but enjoy food while doing it. I have unbelievable trust and faith in them both—and so should you.”

DR. TOM FIEL, DO

former team physician for the Phoenix Suns and Milwaukee Brewers



“In an industry that profits from failure, re:vitalize is invested in long-term health and wellness for their clients. Their integrity is so refreshing! Even when their clients want to keep losing, they encourage them to stop and let their bodies take a break. Trust them; they know what they are doing.”

DR. KARI ANDERSON

myeatingdoctor.com, author of *food, body & love*



“The link between nutrition and performance is undeniable. Whether you’re looking to perform on the field, in your career, or in life, nutrition is key. Dr. Abood and Dan taught me that customized nutrition is the fastest way to achieve your health and weight loss goals. I look great and feel so much younger after re:vitalize. It is a definite game-changer.”

DR. JOHN BADOLATO

ABC’s Extreme Makeover: Weight Loss Edition



“Most nutrition and weight loss programs are some combination of ‘eat less and exercise more.’ It’s time we rethink how we approach effective, sustainable weight loss. Look no further than this program.”

DR. JOE DEKA, MD

Dignity Health



“Being on the road with a professional basketball team can make it challenging to keep unwanted weight off and difficult to decide on the ‘right’ foods to eat! The re:vitalize team helped show me how to get the results I wanted in a short period of time and how to continue long after reaching my goals and to this very day.”

AARON NELSON

VP of Player Care and Performance, New Orleans Pelicans

WORKED WITH + TRUSTED BY



THE DAILY TONIC
OFFICIAL NEWSLETTER OF 247HEALTH

AS HEARD ON
ARIZONA SPORTS 98.7 FM



CHOW SURGICAL
HIP & KNEE SPECIALISTS



Arizona Reproductive Institute
The Prelude Network



★ **BONUS** ★

Healthy “Game-Day Approved” Recipes & Cooking Videos

with

Phoenix Suns Executive Chef Mike Dei Maggi



**PROUD PARTNER
OF THE PHOENIX SUNS**

Spanish Cauliflower Rice / Barbacoa

Phoenix Suns - Game Day Recipe



- 3 1/2 pounds of quality chuck roast, boneless
- 1/2 cup low sodium beef broth
- 1 tsp of pink salt
- 1 tsp of chili powder
- 1 tsp of garlic powder
- 1 tsp of onion powder
- 1 tsp of cumin
- 1 tsp of paprika
- 1 tsp of freshly ground black pepper
- 1 lime
- 1 tablespoon of freshly minced cilantro
- 1 bag of cauliflower rice
- Turmeric
- Peas and diced carrots
- Tomato
- Pink salt and pepper

Instructions:

1. Brown the chuck roast if you'd like or you can add it straight to a crock pot along with the spices and beef broth. Cook on low for about four and a half hours until the meat falls apart. Add a bit of chopped pepper and top with cilantro.
2. For the cauliflower rice add a bit of turmeric, which gives it a nice orange color, also add the peas and diced carrots, to make it more of a Mexican cauliflower rice.
3. You can add some tomato and pink salt, cook that for about 20 minutes until the cauliflower is tender and the liquid has been absorbed.



▶ SCAN ME

Swordfish

Phoenix Suns - Game Day Recipe

- 1 swordfish steak, approx. 2in. thick
- Coconut Aminos



Instructions:

1. Marinate the fish in Coconut Aminos for about an hour. Place on the grill for about 8-10 minutes each side. Let it set for about 3-5 minutes and then serve with grilled zucchini and lemon.



▶ SCAN ME

Shakshuka

Phoenix Suns - Game Day Recipe

15 oz diced bell peppers and onion
minced garlic, to taste
pink salt and pepper, to taste
chicken broth, to sauté veggies
3 oz chopped fresh spinach
14.5 oz canned tomatoes, diced
1/4 teaspoon paprika
3/4 teaspoon cumin
3/4 teaspoon chili powder
few drops Tabasco
4 eggs



DINNER

Instructions:

1. Add onions and peppers to a pan and sauté with the chicken stock. Add spinach and spices. Add the tomatoes and cook for 20-30 minutes until the sauce is thick. Take a spoon and make little "wells" in the sauce and add the poached eggs. In about 4-5 minutes you'll have a wonderful dish of Shakshuka.

Chicken Sausage & Peppers

Phoenix Suns - Game Day Recipe

2 red or green bell peppers, chopped
1 onion, sliced
salt, pepper, Italian seasoning
garlic, minced
1 can tomato sauce
2 chicken sausages
chicken broth, to sauté veggies
1 package of zucchini noodles



Instructions:

1. Start with the cast iron skillet and add the chicken stock and sauté a little bit of garlic. Add the sausage and allow to cook and caramelize, about 30 seconds to 1 minute. Then add your vegetables and allow to soften. Season with a little bit of Italian seasoning, pink salt and pepper and then add a can of tomato sauce. Cook for about 15 minutes and spoon directly over a bed of zoodles. Garnish with fresh basil.



STAGE 2 - DESSERT

Dessert Ideas

1. Grilled peaches with english toffee stevia drops (try adding a small amount of Coconut Aminos)
2. Apples with Stevia and cinnamon - oven roasted (try adding a small amount of coconut aminos)
3. If adding in extra protein per coach instruction - 1 cup of nonfat plain Greek yogurt with grilled or baked fruit and vanilla or English toffee Stevia drops + cinnamon
4. 1 cup of strawberries with chocolate Stevia drops or raw

Strawberry Freeze

Phoenix Suns - Game Day Recipe

frozen strawberries
1 1/2 cup lemon juice
fresh mint
Stevia drops

Instructions:

1. Add strawberries (about half the blender), add lemon juice, about six drops of Stevia and blend.
2. For a deeper flavor add blackberries or blueberries.



STAGE 3 - DINNER

Cheesy Squash Bake

4 servings - 370 cal/serving 31g protein (16%), 45g fat (51%), 65g carbs (33%)

1 spaghetti squash
olive oil
ghee
garlic powder
1/2-1 cup finely chopped basil
1/2 cup Parmesan cheese

Instructions:

1. Cut the squash in half and scoop out the innards. Drizzle with olive oil and bake at 350 until tender enough to be scooped out.
2. In a sauce pan with oil/butter, caramelize 2 onions. Add squash to onions, along with ghee, parmesan cheese, basil, garlic and salt and pepper to taste.

Zucchini Frittata

Phoenix Suns - Game Day Recipe

2 zucchini, sliced and halved
1/2 red bell pepper, diced
1 onion, sliced
6 eggs
salt, pepper, herbs to taste (also thyme, rosemary or basil can be used)
1/3 cup shredded parmesan
2 tablespoons full-fat plain Greek yogurt, half and half, or sour cream
2 tablespoons chicken broth



Instructions:

1. Add chicken broth or stock to a cast iron skillet along with the zucchini slices and sauté until it begins to soften, then add the bell pepper.
2. Beat the eggs with the yogurt, and add the cheese. Pour the liquid directly over the ingredients in the skillet for five minutes on the stove top until it begins to harden on the edges and then complete in the preheated oven.

**LEARN MORE AT:
REVITALIZEWEIGHTLOSS.COM**



PROUD PARTNER OF THE PHOENIX SUNS