

# TRANSFORMATION



Your Guide to  
**David Sandoval's**  
**10-Day Celebrity**  
**Transformation**

INFO FOR CLEANSE  
& ATHLETE VERSIONS

Lose  
**5-20 Pounds**  
in the Next  
**10 Days**  
and Keep  
Them Off

Learn the  
**Secrets**  
of Models,  
Actors,  
Athletes  
& Aspiring  
Stars



# David Sandoval

## Nutritional Coach to the Stars

### “I only have 10 days to get ready for . . .”

I hear it over and over and over. Every few months. Sometimes every few weeks. “I got your name from my (agent, manager, friend) and he/she said that you could get me in shape for my big (photo shoot, audition, pageant, fight, worldwide tour). I really need to get in shape fast! I need to lose weight without losing energy. I don’t want to do anything dangerous or extreme, I just want to shed the pounds and look the best I’ve ever looked in my life.” It seems like they always have less than two weeks. And sometimes, this is their big break, the opportunity that could change the course of their career. Now understand, most of these people could afford to go to any spa, any gym, any personal chef or nutritionist on the planet. They were coming to me specifically because of word-of-mouth recommendations from other industry insiders who had success with their own transformations.

The word throughout Hollywood was that there was something new, a “clean and green” way to lose weight and break food addictions.

A program that no one else had. A simple way to transform your body in just 10 days. A simple way to transform your body in just 10 days. That’s the origin of my Transformation program.

Now you can enjoy the same program that I use with my top clients: **beauty contestants, actors, fighters and music stars.** But you don’t have to be a supermodel to enjoy super results.

### If they can do it, so can you

Since we made our program available to the public, tens of thousands of people have lost weight, re-set their metabolisms, broken their addictions to processed foods and cleansed their bodies. Yes, the 10-Day Transformation is the fastest, healthiest, simplest, least expensive way to lose weight. But the weight loss is just a healthy side effect. More importantly, we have seen people transition from short-term results into long-term lifestyle changes that are based on clean and green eating.

The concept behind my program is really quite simple. I use nutrient-dense superfoods,

slow-burning carbs and highly-digestible protein. All vegan. All natural. Importantly, you will not be consuming ANY processed, irradiated, denatured, artificial or genetically-modified ingredients. This is an **anabolic cleanse**, so you won’t be sacrificing your long-term health for short-term results. Your body will love it! **I guarantee it.**

So, what are you waiting for . . . it’s time for your **10-Day Transformation!**

- David Sandoval

## The Transformation Rollercoaster

- 1. Excitement** – “The journey begins!”
- 2. Fear** – “I don’t think I can do this. 10 days without my favorite snacks?”
- 3. Anger** – “Who got me into this?”
- 4. Resentment** – “Oh my, did I make the right decision?”
- 5. Defining Moment** – “Do I stay or do I go?”
- 6. Acceptance** – “I can and I will.”
- 7. Realization** – “This isn’t so bad.”
- 8. Inspiration** – “Wow...did I really lose that much already?!”
- 9. Attention** – “My clothes are looser and my energy levels are through the roof. Loving all the compliments I am getting!”
- 10. Exhilaration** – “I am so proud of myself! I did it!”



# Preparation - The key to a successful 10-Day Transformation is preparation . . .

If you follow these important steps, then **you are 50% there already** and ready to win!

## ✓ Preparation

- Plan to do the Transformation during a 10 day period when you can get a good night's rest every night.
- 2 - 3 days prior to starting your Transformation, omit dairy, processed foods and meat from your diet. 3 - 5 days prior omit coffee to avoid withdrawal symptoms.
- Get started with a positive mental attitude, "I can and I will!"
- Make sure to have some approved Flex Foods/Beverages on hand (see list on page 9), you'll need up to 3 per day.
- Enter the schedule into your phone, set alerts to keep you on track.
- Join us on Facebook at [www.facebook.com/10-daytransformation](http://www.facebook.com/10-daytransformation) - share your commitment
- Take your "Before" photo, weigh and measure yourself (chest, waist & hips).



## Do's and Don'ts

### [Prior to starting]

**Do drink more water**, broth and fresh juices and eat fresh, raw fruit and veggies, dark leafy green salads and high quality, high fiber meals.

**Do eliminate temptations** – remove unhealthy, processed foods (or at least put out of sight).

**Don't binge eat, drink or consume a large meal the day before starting.**

**Don't schedule your Transformation during a stressful / hectic time or during your monthly cycle.**

### [During the Transformation]

**Do stay hydrated** – be sure to drink more than half your body weight in ounces per day, as well as any time you feel thirsty or hungry.

**Don't over-exercise.** Exercise is a form of stress and too much exercise is counterproductive. Plan to do only light exercise so your body is not confused by you reducing calories and burning extra calories – try yoga, brisk walking, &/or rebounding on a trampoline as suggested by Naturopath Michael Wohlfeld. The Athlete's Cleanse was designed for those who are in training or wish to exercise heavily.

**Do not quit!** Use the support system – Post on Facebook, join Support Calls, tap into the many resources to get re-inspired or grab an extra Flex Food or switch from the "Cleanse" to the "Lifestyle" version instead of cheating or abandoning your health goals.

**We don't plan to fail, we fail to plan.**

### [After the Transformation]

• **Do not rush back into eating heavy foods.** Ease back into foods slowly; consider adding Advanced Probiotic Blend into your diet, if you have not already, to keep your digestive tract on track.

• **Do continue to take a daily green drink**, such as the Hippocrates Power to help your body's natural systems run smoothly. Great way to start the day!

• **Do continue to drink Apothe-Cherry** to get antioxidants of 10 servings of fruits/veggies and to help facilitate deep, rejuvenating sleep. Great way to end the day!

• **Do take CONTROL Pre-Meal Capsules** if you need more help curbing your appetite.

## Safety First

*The Transformation Program is intended for use by healthy adults only. At Platinum we want every Transformation to be a positive experience, please read and follow all directions carefully. Always listen to your body; if you experience discomfort, please consult your physician (preferably a physician specializing in integrative medicine). Never begin when constipated or menstruating. Avoid strenuous exercise to ensure best results. Always use caution; if on ANY medications or planning on losing a*

*substantial amount of weight or pregnant or lactating, please consult a physician BEFORE starting this or any other weight loss regimen. If on any medications or planning to lose a substantial amount of weight, after consulting with your physician, we recommend opting for the 10-Day Lifestyle Transformation. Please note that Staff Naturopath Michael Wohlfeld ([PuriumNaturopath@gmail.com](mailto:PuriumNaturopath@gmail.com)) offers FREE health/nutrition consultations and can give guidance on modified programs.*

**Please see our FAQ on the Transformation webpage on [mypurium.com](http://mypurium.com) for guidance and expanded details.**

# David Sandoval's

# TRANSFO

At Platinum we know that not everyone is the same. so we give you our 10-Day Lifestyle Transformation. So whether you are "all in" or just

**TIP:** Trust the process - take your MAP Master Amino Pattern and Hippokrates Power even if you don't feel "hungry." Keeping the intervals indicated on the schedule in regard to the Hippokrates Power & MAP is the key to creating cellular satisfaction and results – but Flex Foods and Flex Meals are always there too if you feel like your willpower is gone.

## 10-Day Transformation

*Cleanse with Black Walnut Plus*

	ADD FOR CLEANSE	ADD FOR "FLEX"*
<b>7 am</b> – 500ml of room temperature water, 4 MAP, 20 Chlorella		1 Portion Flex Food*
<b>9 am</b> – 2 levelled scoops of Hippokrates Power or 3 scoops of L.O.V.E. in 500 ml water	16 drops Ionic Elements/ 2 Black Walnut Plus	
<b>11 am</b> – 500ml of room temperature water, 4 MAP, 20 Chlorella		1 Portion Flex Food*
<b>1 pm</b> – 2 levelled scoops of Hippokrates Power or 3 scoops of L.O.V.E. in 500 ml water	16 drops Ionic Elements	
<b>3 pm</b> – 500ml of room temperature water, 4 MAP, 20 Chlorella		1 Portion Flex Food*
<b>5 pm</b> – 2 levelled scoops of Hippokrates Power or 3 scoops of L.O.V.E. in 500 ml water	16 drops Ionic Elements/ 2 Black Walnut Plus	
<b>7 pm</b> – Apothe-Cherry (30 ml) in 200 ml water	16 drops Ionic Elements	

*Tip: Please gently roll the tub of Hippokrates Power or L.O.V.E. when it arrives to make sure the powder is not packed too densely.*

*Tip: If starting at 7:00 am does not work for you, just start at another time in the morning. Please keep the 2 hour rhythm of food and product intake the same regardless of your starting time.*



**\*Flex Foods & Drinks** – We encourage you to supplement your Transformation regimen by adding up to 3 nutrient-dense foods and drinks every day at the times in your schedule that are optimal for you. (The current designation on the schedule is just a suggestion.) As long as it is a fruit or veggie (other than bananas or starchy veggies) of a reasonable portion size, you are welcome to consume it. Please don't add dressings or toppings except Himalayan sea salt, fresh lemon or garlic or cayenne pepper. No meat, dairy or bread.

# 10-Day Celebrity TRANSFORMATION

**2 WAYS TO WIN:** the original 10-Day Transformation Cleanse and now "ready to begin" you can lose 5 - 20 lbs in just 10 days!

**TIP:** Success means being Flexible so, keep your flex foods handy. As always, make sure to drink plenty of water and to not over-exercise. Flex Meal suggestions can be found on the next pages. We have TWO WAYS TO WIN so if you are starting out doing a "Cleanse" and you decide to change gears and try the "Lifestyle" for a day (or two), it's OKAY!

## 10-Day Transformation Lifestyle

The difference is security; knowing that each day you get one healthy filling flex meal. Start the schedule from the time you wake up and then follow the intervals accordingly:

**TIP:** If starting at 7:00 am does not work for you, just start at another time in the morning. Please keep the 2 hour rhythm of food and product intake the same regardless of your starting time.

**7 am** – 500ml of room temperature water, 4 MAP, 20 Chlorella 1 Portion Flex Food\*

**9 am** – 2 levelled scoops of Hippokrates Power or 3 scoops of L.O.V.E. in 500 ml water  
16 drops Ionic Elements/ 2 Black Walnut Plus

**11 am** – 500ml of room temperature water, 4 MAP, 20 Chlorella 1 Portion Flex Food\*

**1 pm** – 2 levelled scoops of Hippokrates Power or 3 scoops of L.O.V.E. in 500 ml water  
16 drops Ionic Elements

**3 pm** – 500ml of room temperature water, 4 MAP, 20 Chlorella 1 Portion Flex Food\*

**5 pm** – 16 drops Ionic Elements/ 2 Black Walnut Plus 1 Portion Flex Meal

**7 pm** – Apothe-Cherry (30 ml) in 200 ml water 16 drops Ionic Elements

**Tip:** Please gently roll the tub of Hippokrates Power or L.O.V.E. when it arrives to make sure the powder is not packed too densely.

*\*Having a Flex Food with the MAP Master Amino Pattern just a suggestion, it is up to the Transformer to determine the time that is optimal for them to have their 1-3 daily Flex Foods.*

David Sandoval's  
**TRANSFORMATION**  
athlete.

10-Day Celebrity  
**TRANSFORMATION**



When your primary goal is to build lean muscle and not lose weight, I challenge you to a  
**10-Day Athlete's Transformation!**

For the Fitness-minded Transformers, Platinum has created an Athlete's Transformation that will literally flush out unhealthy cellular waste, fat deposits and toxins while increasing lean healthy muscle tissue and helping your body look and feel more vibrant, fit and toned than you have in years (even if you are vegan, an endurance athlete or a fitness buff). My work with top athletes, entertainers and beauty queens gives me a unique understanding of how to fine-tune and rejuvenate the fittest and finest... just like you!

- David Sandoval

**PURE PROTEIN!**



MAP Master Amino Pattern

**PURE ENDURANCE!**



Super Male



**PURE NUTRITION!**



L.O.V.E. Supermeal



**PURE RECOVERY!**



Astaxanthin



Shaker Bottle / Sports Bag and Tape Measure

- Power Your Performance
- Build Lean Muscle
- Create Sustained Energy
- Get Fit Faster
- Reduce Fatigue
- Reduce Soreness
- Reduce Damage

**10-Day Athlete Transformation**

7am	4 MAP / 2 Astaxanthin
9am	3 levelled scoops of L.O.V.E. Supermeal + water / 3 Super Male Formula
11am	4 MAP / 2 Astaxanthin
1pm	3 levelled scoops of L.O.V.E. Supermeal + water / 3 Super Male Formula
3pm	4 MAP / 2 Astaxanthin
5pm	3 levelled scoops of L.O.V.E. Supermeal + water / 3 Super Male Formula
7pm	Choose 1 Meal option

Tip: If starting at 7:00 am does not work for you, just start at another time in the morning. Please keep the 2 hour rhythm of food and product intake the same regardless of your starting time.



**Workout Support:**

• David Sandoval's 5-Minute Core Workout (2x – 3x per day)  
WATCH THE VIDEO HERE: <http://vimeo.com/10727876>

**IMPORTANT:**

Add 300 nutrient-dense calories for every additional 30 minutes of workout. Food options for best results are included in the Flex Meal section.

\*Athletes may also have daily Flex Foods in addition to their Flex Meal; ideal to have with MAP Master Amino Pattern but can be taken at Athlete's determined optimal time, based on their own discretion.

## Flex Food FAQs

**Are flex foods cheating?** Absolutely not! Flex Foods help you understand your cravings and allow you to respond to your body's needs as never before.

### Why do I need them?

Because they retrain your hunger response...when we are really hungry, we typically reach for the wrong thing - this is because unhealthy snacks are typically the most advertised AND the most convenient. But we also become conditioned to crave those bad "foods" next time we're hungry because we associate that "food" with satisfying our hunger. Reaching for healthy foods at a time of hunger will train your body to crave them instead.

### When do I eat them?

Eat them when you are craving something and make your choice based upon what you are craving. When you are craving something creamy and savory, have some avocado mashed with freshly squeezed lemon, cayenne and a generous amount of sea salt. (Avocados also help you burn fat! The sea salt you add helps control your blood pressure and water levels.) When you are craving something crunchy,

reach for some organic celery... if you want something sweet or tart, try organic berries or an organic apple. (Apples and cucumbers also rehydrate and cleanse your bowels.) If you want something salty, sprinkle some Himalayan sea salt on cucumbers or watermelon. (Watermelon also rehydrates and cleanses the body.)

### May I have more than 1 flex food at a time?

When combining flex foods, be sure to monitor portion control, you should still only have 1 cup.

### Can I have a Flex Food or Beverage that is NOT on the list?

As long as it is a fruit or veggie of a reasonable portion size, then substituting flex foods should be a fairly simple process. The only exception are bananas or starchy vegetables, they are not advised. Please do not add dressings or toppings except Himalayan sea salt, fresh lemon or garlic or cayenne pepper, wild honey or spices such as organic cinnamon. No meat, dairy or bread.

### Approved Flex Foods

- 1 organic apple
- 1 small avocado (or ½ a large avocado)
- 1 cup watermelon
- 1 cup organic berries
- Organic celery (unlimited)
- Organic cucumber slices (unlimited) with fresh squeezed lemon juice, cayenne pepper and Himalayan sea salt
- ½ cup organic summer squash, spinach, broccoli or kale sautéed in Tropic oil (coconut oil), fresh garlic and sea salt
- 1 cup organic all-natural Kimchi or Sauerkraut

### Approved Flex Beverages

- Any Platinum "green drink" (Organic Best of Greens, etc)
- 8 oz unsweetened almond, hemp, coconut or oat milk
- Kombucha
- 8 oz unsweetened, decaffeinated herbal tea
- Organic vegetable broth
- Hot water with fresh lemon, raw honey and organic cinnamon



## Flex Meal FAQs

### What is a Flex Meal?

An entire meal comprised of approved and healthy ingredients that is meant to leave you feeling full and satisfied. A list compiled by David Sandoval of his favorite protein sources, complex carbs, fruit, veggies, liquids and fats can be found on page 9; choose from these items to create your healthy Flex Meal.

### Flex Meals are Success Meals

When doing a Lifestyle Transformation or an Athlete's Transformation, you are advised to have 1 Flex Meal per day. **They are also integral to your success AFTER completing the 10 day Transformation Cleanse** – remember Platinum is a lifestyle, not a diet and the 10-Day Transformation is an effective tool to help you jump into the lifestyle with great success, the supplements and Flex Meals will also help you to maintain it.

### Flex for Success

Flex Foods train you to appreciate natural flavors and textures when you are most hungry and condition you to crave nature's fast food vs. poisonous fast "food." More importantly, they give you distinct textures and flavors to choose from - sweet, tart, salty, spicy, creamy, crunchy - so you feel both full AND satisfied; you had choices and you were in control. Hot flex foods are especially important during the winter time and for people in Northern climates, not to mention those who are accustomed to having a hot cup of coffee on a regular basis.

## Flex Meals

Use the Approved Foods list (from page 9) and the tips from David (on page 10) to create your own customized Flex Meals. As an example of what you could create, here are some sample recipes:



### Hearty Veggie Soup

(May Add Fava Beans &/or Chicken)

#### Ingredients:

8 -10 cups water  
3 cloves garlic, pressed  
1/2 onion  
1 tomato  
2 carrots  
2 celery  
1 zucchini  
1 summer squash  
2 purple potatoes  
1/2 cup cabbage  
8 sprigs chopped cilantro  
1 bay leaf  
3 chicken breasts or  
1 lb fava beans (soaked overnight in water & then drained)  
salt and pepper  
lime  
1 teaspoon Organic Tropic Oil

#### Toppings (to taste)

chopped onion  
cubed avocado  
crushed red pepper flakes  
cilantro

#### Cooking Instructions:

1-Sauté onions and garlic in coconut oil in large pan or wok.  
2-Put in water, chicken and/or fava beans, bay leaf, salt and pepper.  
3-Bring to a boil.  
4-Add the rest of ingredient and let boil to your liking.  
5-Top with your choice of toppings and enjoy!



### Kale & Lentil Veggie Burgers

#### Ingredients:

1 cup lentils (cooked)  
1 cup kale, chopped (fresh or frozen)  
2 tbsp parsley, chopped  
1 onion, chopped  
2 tbsp tomato puree  
1/2 cup oats  
freshly ground sea salt and black pepper (to taste)  
1 tsp turmeric (optional)  
Organic Tropic Oil (coconut oil for skillet)

#### Cooking Instructions:

1-Blend all ingredients except Organic Tropic Oil together in food processor  
2-Form into patties  
3-Add small spoonful of Organic Tropic Oil in skillet, cook patties on medium until browned (approximately 3 - 6 minutes on each side)  
4-Serve on sprouted wheat buns with desired toppings such as organic ketchup and Dijon mustard, grilled portabella mushrooms or squash, leafy greens, tomatoes, etc.



### Veggie Quinoa Casserole

1 cup quinoa, rinsed  
1 1/3 cups water  
1-2 tsp Organic Tropic Oil  
1 medium onion, chopped  
1 clove garlic, minced  
2 tsp curry powder  
1 cup celery, chopped  
2 cup broccoli, chopped  
1 medium tomato, chopped  
1 tbsp authentic fermented soy sauce  
2 tbsp vinegar

#### Cooking Instructions

1-Preheat oven to 350°  
2-Roast rinsed quinoa in a skillet until it pops  
3-Heat oil and sauté onions, garlic and curry in skillet until onions are translucent.  
4-Add celery, broccoli, and tomato; sauté briefly and then add to quinoa.  
5-Add soy sauce and vinegar  
6-Cover casserole dish and bake for 45 minutes

# David's Recommended Shopping List

	I HAVE	I NEED
<b>10-Day Transformation Flex Foods</b>		
Organic Apple	<input type="checkbox"/>	<input type="checkbox"/>
Avocado	<input type="checkbox"/>	<input type="checkbox"/>
Organic Cucumbers	<input type="checkbox"/>	<input type="checkbox"/>
Watermelon	<input type="checkbox"/>	<input type="checkbox"/>
Organic Berries	<input type="checkbox"/>	<input type="checkbox"/>
Organic Celery	<input type="checkbox"/>	<input type="checkbox"/>
Organic Summer Squash	<input type="checkbox"/>	<input type="checkbox"/>
Organic Spinach	<input type="checkbox"/>	<input type="checkbox"/>
Organic Broccoli	<input type="checkbox"/>	<input type="checkbox"/>
Organic Kale	<input type="checkbox"/>	<input type="checkbox"/>
<b>Flex Flavors</b>		
Lemon (Freshly Squeezed)	<input type="checkbox"/>	<input type="checkbox"/>
Himalayan Sea Salt	<input type="checkbox"/>	<input type="checkbox"/>
Cayenne Pepper	<input type="checkbox"/>	<input type="checkbox"/>
Cinnamon	<input type="checkbox"/>	<input type="checkbox"/>
<b>Flex Beverages</b>		
Platinum Green Drink	<input type="checkbox"/>	<input type="checkbox"/>
Unsweetened Almond Milk	<input type="checkbox"/>	<input type="checkbox"/>
Unsweetened Coconut Milk	<input type="checkbox"/>	<input type="checkbox"/>
Kombucha	<input type="checkbox"/>	<input type="checkbox"/>
Herbal Decaffeinated Tea	<input type="checkbox"/>	<input type="checkbox"/>
<b>10-Day Lifestyle And Athlete Transformation Flex Meal Options</b>		
<b>David's Favorite Protein Sources</b>		
Eggs From Free-range Chickens	<input type="checkbox"/>	<input type="checkbox"/>
Organic Cottage Cheese	<input type="checkbox"/>	<input type="checkbox"/>
Free-range, Organically Fed Chicken	<input type="checkbox"/>	<input type="checkbox"/>
Wild Salmon	<input type="checkbox"/>	<input type="checkbox"/>
Lentils Or Other Legumes Other Than Soy – Pinto, Navy Or Fava Beans	<input type="checkbox"/>	<input type="checkbox"/>
Hummus (Garbanzo Beans, Tahini, High Quality Olive Oil)	<input type="checkbox"/>	<input type="checkbox"/>
Organic Broccoli	<input type="checkbox"/>	<input type="checkbox"/>
Natural Almond, Sunflower Or Sesame Butter (Without High Fructose Corn Syrup, Just Nuts And Sea Salt)	<input type="checkbox"/>	<input type="checkbox"/>
Platinum's Spirulina	<input type="checkbox"/>	<input type="checkbox"/>
Platinum's MAP Master Amino Pattern	<input type="checkbox"/>	<input type="checkbox"/>
Platinum's L.O.V.E. Supermeal Original or Chai flavour	<input type="checkbox"/>	<input type="checkbox"/>
<b>David's Favorite Complex Carbs</b>		
Red, Black Or Brown Rice	<input type="checkbox"/>	<input type="checkbox"/>
Quinoa	<input type="checkbox"/>	<input type="checkbox"/>
Couscous	<input type="checkbox"/>	<input type="checkbox"/>
Sprouted Grain Bread	<input type="checkbox"/>	<input type="checkbox"/>
Buckwheat Or Whole Grain Pancakes Fried In Coconut Oil	<input type="checkbox"/>	<input type="checkbox"/>
Purple Or Sweet Potatoes	<input type="checkbox"/>	<input type="checkbox"/>
1 Serving Of Whole Grain Breakfast Cereal	<input type="checkbox"/>	<input type="checkbox"/>
Sprouted Grain Or Veggie Pastas	<input type="checkbox"/>	<input type="checkbox"/>

	I HAVE	I NEED
Oatmeal	<input type="checkbox"/>	<input type="checkbox"/>
Cream Of Buckwheat	<input type="checkbox"/>	<input type="checkbox"/>
Other Whole Grain Hot Cereal	<input type="checkbox"/>	<input type="checkbox"/>
Platinum's Activated Barley	<input type="checkbox"/>	<input type="checkbox"/>
<b>David's Favorite Fruit</b>		
Organic Cherries (Darker The Better)	<input type="checkbox"/>	<input type="checkbox"/>
Organic Blueberries	<input type="checkbox"/>	<input type="checkbox"/>
Organic Plums	<input type="checkbox"/>	<input type="checkbox"/>
Organic Raspberries	<input type="checkbox"/>	<input type="checkbox"/>
Organic Blackberries	<input type="checkbox"/>	<input type="checkbox"/>
Organic Mulberries	<input type="checkbox"/>	<input type="checkbox"/>
Organic Apples	<input type="checkbox"/>	<input type="checkbox"/>
Organic Peppers	<input type="checkbox"/>	<input type="checkbox"/>
Watermelon Or Other Melon	<input type="checkbox"/>	<input type="checkbox"/>
Avocados	<input type="checkbox"/>	<input type="checkbox"/>
Organic Cucumbers	<input type="checkbox"/>	<input type="checkbox"/>
Organic Tomatoes	<input type="checkbox"/>	<input type="checkbox"/>
Almonds	<input type="checkbox"/>	<input type="checkbox"/>
Papaya	<input type="checkbox"/>	<input type="checkbox"/>
Organic Purple Grapes	<input type="checkbox"/>	<input type="checkbox"/>
<b>David's Favorite Veggies</b>		
Organic Kale	<input type="checkbox"/>	<input type="checkbox"/>
Organic Broccoli	<input type="checkbox"/>	<input type="checkbox"/>
Organic Cabbage	<input type="checkbox"/>	<input type="checkbox"/>
Organic Summer Squash	<input type="checkbox"/>	<input type="checkbox"/>
Organic Asparagus	<input type="checkbox"/>	<input type="checkbox"/>
Organic Mushrooms	<input type="checkbox"/>	<input type="checkbox"/>
Organic Carrots	<input type="checkbox"/>	<input type="checkbox"/>
Organic Sea Vegetables (Wakame, Hijiki, Dulse)	<input type="checkbox"/>	<input type="checkbox"/>
Organic Celery	<input type="checkbox"/>	<input type="checkbox"/>
Organic Cilantro	<input type="checkbox"/>	<input type="checkbox"/>
Organic Parsley	<input type="checkbox"/>	<input type="checkbox"/>
<b>David's Recommended Cooking and Salad Oils</b>		
Organic Tropic Oil (Coconut Oil From Platinum)	<input type="checkbox"/>	<input type="checkbox"/>
Organic Raw Butter	<input type="checkbox"/>	<input type="checkbox"/>
Grapeseed Oil	<input type="checkbox"/>	<input type="checkbox"/>
Safflower Oil	<input type="checkbox"/>	<input type="checkbox"/>
Macadamia Nut Oil	<input type="checkbox"/>	<input type="checkbox"/>
Avocado Oil	<input type="checkbox"/>	<input type="checkbox"/>
Extra Virgin Olive Oil	<input type="checkbox"/>	<input type="checkbox"/>
Green Tea Seed Oil	<input type="checkbox"/>	<input type="checkbox"/>
Red Palm Oil	<input type="checkbox"/>	<input type="checkbox"/>
Sunflower Seed Oil	<input type="checkbox"/>	<input type="checkbox"/>

Please cut out, laminate, mark accordingly and put on your fridge!



## David's General Recommendations:

- Select foods that are organic or as close to the earth as possible
- Eat slowly and chew your food well - 30 chews per mouthful
- Eat until you are 80% full as satiety signals take time to register
- Be thankful & appreciate the food that nourishes you

### TIPS FOR VEGETABLES



- Eat as brightly colored veggies as possible.
- Steamed is okay but do not oven cook.
- Sauté in organic butter, olive oil or coconut oil.
- Eat raw veggies with hummus or guacamole.
- Marinate raw veggies for better flavor.

### TIPS FOR FRUITS



- Eat organic or wash well – pay attention to the current “Dirty Dozen” list which tells you the fruits and veggies to absolutely avoid buying non-organic that year.
- Eat fruit before other food and never right after, there is one exception for not having fruit with other items - cottage cheese and fruit does go well together.
- Avoid white and green grapes.
- Don't mix melons with other fruit.
- Eat apples in the morning to help wake you up as a coffee alternative.
- Don't remove the skin because the most nutrients are contained there (exceptions are bananas, oranges, mangos, avocados and melons, etc – use your best judgment)
- Dried fruit should be eaten separately

### TIPS FOR COMPLEX CARBOHYDRATES



- “Crack” Rice by stirring in hot pan to release protein before cooking.
- Buy organic grains whenever possible.
- Buckwheat and Activated Barley Pancakes create great glucose control.
- Purple potatoes help your body like blueberries.
- Try spaghetti squash as an alternative to pasta.

### TIPS FOR LIQUIDS



- Drink room temperature water in the morning to help flush kidneys (warmer water is easier on digestion)
- Squeeze lemon in your water to increase its alkalizing ability
- Use unsweetened cranberry juice to fight urinary tract infections
- Drink Hibiscus tea to reduce sugar cravings
- Use Aloe Vera to fight ulcers
- Coconut Water is the ultimate sports replenishment drink
- Drink raw apple juice to fight kidney stones and gout
- Prune Juice relieves constipation
- Avoid grapefruit juice when taking medications
- Citrus juices should have lots of pulp
- Treat fruit juices like regular fruit and have them separate from other foods.

### TIPS FOR FATS



- High Heat (Coconut oil, Green Tea Seed oil, Grapeseed oil, Avocado oil, Macadamia oil)
- Sauté / Low Heat (Butter, Olive oil, Sunflower oil)
- Consume 1 tsp of raw coconut oil daily for general health

### TIPS FOR PROTEIN



- Protein is best consumed in the morning when we have high levels of HCL.
- Meat should always be combined with green vegetables to reduce the impact of its toxins.
- Avoid the burnt crispy parts of meat as they are 80% carcinogenic.
- Eat grass-fed beef, free-roaming chicken and wild caught salmon as they are the highest quality in their category.
- Don't combine meat with carbohydrates or sugars (ex. bread, soda, fruits).
- Consume no more than 6 oz of animal flesh in any 24 hour period to avoid creating Uric acid and harming your kidneys.



## Continuation: Keep the Momentum Going

The 10-Day Transformation is the gateway into your new, healthier lifestyle. Your body is feeling clean, your taste buds are changing and your metabolism is ramped up. Many of the harmful toxins stored in your fat layer are gone and you're getting used to the natural energy that comes from green superfoods and pure vegan protein. Now what?

Just like with your first 10 days, you have some simple choices to make. Most people continue with the Hippokrates Power (or L.O.V.E. Supermeal), Apothe-Cherry and MAP Master Amino Pattern. The only thing you don't want to continue with is the Black Walnut Plus. Here are 4 simple plans. Choose the one that works for your goals and schedule.



**10 Days** Keep doing what you're doing! Follow your Transformation schedule (without the Black Walnut Plus) and continue getting dramatic results. The Platinum program is real food. You know that by now. No need to stop if you are "feeling it."

**15 Days** **2 on / 1 off** - Two Platinum meals "on" and one meal "off." Expect to lose about 40%-70% of the amount that you lost in the first 10 days on your original Transformation program.

**20 Days** **1 on / 1 off** - One Platinum day "on" and one day "off." Expect to lose about 40%-70% of the amount that you lost in the first 10 days on your original Transformation program. Don't be surprised if your body actually feels better on your Platinum day.

**30 Days** **1 on / 2 off** - One Platinum meal "on" and two meals "off." This stretches the products and gives you a chance to experiment with eating more "regular" food. Expect to maintain your weight or lose up to 25% of the amount that you lost in the first 10 days on your original Transformation program.

## Resources



### Create a Challenge

- Go public with your intentions
- Ask others to join you



### Share Your Experience

Use social media to share your experience with others and follow us on Facebook :  
[www.facebook.com/10DayTransformation](http://www.facebook.com/10DayTransformation)



### FAQ's Page

We cannot include everything here so, if you have any questions, please visit the 10-Day Transformation page on [mypurium.com](http://mypurium.com).

