

# Frequently Asked TakeDown™ Questions & Tips to Make this Journey Easier!

Q: Why is it important to wait four hours between meals?

A: We are trying to get your body to go after the stored body fat for it's energy source. By giving your body what it needs with each meal, after the food is digested, the body looks for a source of energy and your stored body fat is tapped into as the source! Being hungry is a GOOD thing! Chew sugar-free gum!

Q: Does the 4 hours begin when I start eating or when I finish eating?

A: LOL, when you begin, but don't drag the meal out. Enjoy this process!

Q: Can I swap out carbs/protein/fat choices meal to meal?

A: Most of the time, but please inquire with either Paul or Carolyn before you do this on your own so we can make sure it's a good exchange.

Q: What is the cleanest source of protein for me to eat?

A: Egg whites, then fish, then turkey breast, then chicken, then pork, then beef.

Q: Why do many of C's Recipes use both types of ground Turkey Meat?

A: Because Turkey Breast meat is so clean, it is also very dry. Sometimes recipes need the fat, just not all of it. For taste too to be honest.

Q: Do I have to use fresh garlic or can I use the bottled garlic?

A: It's up to you! Cut corners when you need to, but know that fresh is best.

Q: What if I find that I am not getting to each weeks menu, do I have to move on to the next week?

A: Absolutely not. Each week's menu is meant to give you new ideas, it is not mandatory that you move on. If you liked breakfast from week one, you can have that breakfast every day for the entire six weeks.

Q: The grocery list is kinda long, do I have to buy everything?

A: Not at all, the grocery list represents every recipes ingredients. If you know that you will not be making a particular recipe, than omit those ingredients on your grocery list.

Q: What if I just don't want to make the recipes? Is there an alternative?

A: Yes, please speak to Carolyn individually and together we will go over the many alternatives to ensure that you are still successful!

Q: Can I still drink coffee?

A: Yes, it's what you add to the coffee that makes the difference. No sugar! Also, make sure that you are getting at minimum 16 oz. of water in-between meals. You can drink anything you want, as long as it's sugar-free.

Q: What if I have more questions?

A: Email or speak to Carolyn or Paul as often as you'd like or need to!

## Tips:

1. With the recipes, feel free to cut corners when you need to in order to save time and make this an easy process. It's not necessary to kill yourself to try to make every recipe with 100% fresh ingredients. Do what you can. This is a process.
2. I don't want you to have to shop at every store to find the ingredients you need. I have worked it out with the Albertson's on Main/Yorktown to have the ingredients you need on hand. If you can't find them there, ask for John Lewis. He is "our guy," and he may have some items that they can't display on a "Special Order Shelf." Do what works and make this easy for yourself.
3. Make a lot of each recipe, measure out your portion and store it for the next meal/day. Being prepared is the key to your success!
4. The types of nuts you choose is really up to you, however, please make sure on your portion allotment if you choose something different than is suggested.
5. DO NOT EAT ANYTHING IN-BETWEEN MEALS! NOT EVEN ONE GRAPE!  
Sugar-free gum/liquids are ok.

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Each week your meals will be the same amount of protein/carbs/fats as designated by us. This will not change from week to week. You have a # listed next to your name. Below will let you know which meals are inter-changeable each week:

**INTER-CHANGEABLE = the same amounts protein/carbs/fat for the meal**

- 9** = ONLY Meals #2, #3, #4 are inter-changeable  
**10** = Meals #1 / #4 are inter-changeable & Meals #2 / #3 are inter-changeable  
**11** = ONLY Meals #1, #2, #4 are inter-changeable  
**12** = All Your Meals are inter-changeable  
**14** = Meals #1 / #4 are inter-changeable & Meals #2 / #3 are inter-changeable  
**15** = ONLY Meals #1, #2, #4 are inter-changeable  
**16** = All Your Meals are inter-changeable  
**18** = Meals #1 / #4 are inter-changeable & Meals #2 / #3 are inter-changeable  
**20** = All Your Meals are inter-changeable

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## Measuring Equivalents:

### Key:

Tablespoon = Tbsp.  
teaspoon = tsp.  
ounces = oz.  
quart = qt.

1 Tbsp. = 3 tsp.  
1/8 cup = 2 Tbsp.  
1/4 cup = 4 Tbsp.  
1/3 cup = 5 Tbsp. + 1 tsp.  
1/2 cup = 8 Tbsp.  
2/3 cup = 10 Tbsp. + 2 tsp.  
3/4 cup = 12 Tbsp.  
1 cup = 48 tsp.  
1 cup = 16 Tbsp.  
8 fl. oz. = 1 cup  
1 pt. = 2 cups  
1 qt. = 2 pints  
4 cups = 1 quart  
1 gallon = 4 quarts  
16 oz. = 1 pound

