

# HACKING BOOTCAMP



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LEARNING THE  
BASICS OF HACKING

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# Hacking Bootcamp

# ***Learn the Basics of Computer Hacking***

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# **Introduction**

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**I want to thank you and congratulate you for downloading the book, “ *Learn the Basics of Computer Hacking (Security, Penetration Testing, How to Hack)* .**

This book contains proven steps and strategies on how to hack computer networks.

This e-book will teach you the basic ideas and concepts related to hacking. It will explain the tools, methods and techniques used by experienced hackers. By reading this material, you can conduct reconnaissance and software attacks against your target networks.

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# Chapter 1: Hacking – General Information

This book can help you become a great computer hacker. With this material, you will be able to:

- Think like a hacker – Since you'll know the methods and techniques used in hacking, you can attack networks or protect yourself from other people.
- Learn about “ethical hacking” – You don't have to use your skills to infiltrate networks or steal data. In the world of IT (i.e. information technology), you may use your new skills to help businesses and organizations in preventing hacking attacks; thus, you can earn money by being a “good” hacker.
- Impress your friends and family members – You may show off your hacking abilities to other people. This way, you can establish your reputation as a skilled programmer or computer-user.

## Hackers – Who are they?

Hackers are people who love to play with computer networks or electronic systems. They love to discover how computers work. According to computer experts, hackers are divided into two main types:

- White Hat Hackers – These people are known as “good hackers.” A white hat hacker uses his/her skills for legal purposes. Often, he/she becomes a security expert who protects companies and organizations from the black hat hackers (see below).
- Black Hat Hackers – This category involves hackers who use their skills for malicious/illegal purposes. These hackers attack networks, vandalize websites and steal confidential information.

Important Note: These terms originated from Western movies where protagonists wore white hats and villains wore black hats.

### The Hierarchy of Computer Hackers

In this part of the book, hackers are categorized according to their skill level. Study this material carefully since it can help you measure your progress.

- The Would-Be Hackers – In this category, you'll find beginners who don't really know what they are doing. These hackers normally have poor computer skills. They use the programs and hacking tools created by others without knowing how things work.
- The Intermediate Hackers – These hackers are familiar with computers, operating systems and programming languages. Normally, an intermediate hacker knows how computer scripts work. However, just like a would-be hacker, an intermediate hacker doesn't create his or her own tools.
- The Elite Hackers – This category is composed of experienced hackers. In general, an elite hacker creates tools and programs that are useful in attacking or defending computer networks. Also, an elite hacker can access a system without getting caught. All hackers want to attain this level.

### The Requirements

You can't become an elite hacker overnight. To get the necessary skills, you have to be patient and tenacious. Focus on the things you have to do (e.g. write your own programs, practice your hacking skills, read more books, etc.). By spending your time and effort on things that can turn you into a great hacker, you can reach the "elite" level quickly.

Hacking experts claim that creativity is important, especially for beginners. With creativity, you can easily find multiple solutions to a single problem. You won't have to

worry about limited resources or options. If you are creative enough, you will surely find excellent answers for difficult problems.

You should also have the desire to learn more. Hacking involves complex processes that evolve as years go by. You should be willing to spend hours, days, or even weeks studying network structures and attack strategies. If you don't have the time or patience for this kind of detailed work, you have minimal chances of becoming an expert hacker.



## Chapter 2: Programming Skills

To become an effective hacker, you should have sufficient skills in programming. The ability to create and manipulate computer programs can go a long way. This ability can help you cover your tracks or confuse security experts. However, if you want to be an ethical hacker, you may use your skills to create defensive computer programs.

Well, it is true that you can purchase ready-to-use programs and hacking tools online. That means you may execute hacking attacks or defend your network without programming anything. However, relying on programs created by others won't help you become a great hacker. Anybody can purchase and use a hacking program – it takes skill and knowledge to create one.

Whenever you attack, defend or test a network, you should understand everything that is related to the activity. Since hacking attacks and system tests involve programs, programming skills can help you attain effectiveness and accuracy in completing your tasks.

If you know how to program, then you'll enjoy the following benefits:

- Other hackers will consider you as an expert.
- You can create programs specifically for your needs. For instance, if you need to stop a certain virus, you can create your own security program to accomplish your goal. You won't have to go online and try various antivirus programs that are often expensive.
- You will have more confidence in your skills. Just like any other endeavor, hacking



will be way much easier and simpler if the person trusts his or her skills.

Simply put, don't rely on hacking programs available in the market. Study some programming languages and acquire the necessary skills. By doing so, you will gain access to a new world of computing and hacking.

### **How to Start your Programming Journey?**

It would be great if you'll study HTML first. HTML (i.e. hypertext markup language) is a programming language that forms all of the websites you see online. If you are planning to attack or establish a website, you have to know how to use the HTML language. Most people say that HTML is simple and easy to master. That means you can learn this language easily even if you have never programmed anything before.

After mastering HTML, you should learn the C programming language. C is the most popular computer language today. It forms most of the tools that hackers use. It can help you create your own viruses or defensive programs.

### **A Study Plan**

Here's a study plan that can help you master any programming language:

1. Buy a "beginner's book" about your chosen language. Before making a purchase, read the reviews made by book owners. This way, you won't have to waste your time and/or money on a useless material.
2. Once you have learned how to use the language, you must practice it regularly.
3. Almost all programming books contain exercises and practice problems. Work on these exercises and problems to hone your skills further.
4. If you encounter anything difficult, don't skip or ignore it. Try to understand how

that “thing” works and how it is related to programming and/or hacking. You won’t learn many things if you’ll skip complex ideas.

5. Look for an online forum for programmers. Most of the time, experienced programmers are willing to help beginners. That means you can just go online and ask the “pros” whenever you encounter problems in your studies.
6. Apply what you learn. It would be great if you’ll use the language to create your own computer programs.



## **Chapter 3: Passwords**

These days, passwords serve as the exclusive form of protection for networks and websites. If you have this piece of information, you will gain complete access to the owner ' s account. This is the reason why hackers use different tools and techniques just to get passwords.

### **Password Cracking – Traditional Approaches**

The following list shows you the traditional techniques used in cracking passwords:

- **Guessing** – This approach is only effective for weak passwords. For example, if the user created his password based on personal information (e.g. phone number, date of birth, favorite animal, etc.), you can easily determine the password by trying out different possibilities. This technique becomes more effective if the hacker knows a few things about the user.
- **Shoulder Surfing** – Here, you will look over the target's shoulder as he or she types the password. This approach can give you excellent results if the target is a slow typist.
- **Social Engineering** – In this technique, you'll exploit the target's trust in order to get the needed information. For instance, you may call the target and pretend that you belong to the company's IT department. You can tell the target that you need his password so you can access his account and make some important updates.

### **Password Cracking – Modern Techniques**

In this section, you ' ll learn about the latest techniques used in cracking passwords.

Important Note: This section uses some computer programs that you need to install.

### The Dictionary Attack

In this approach, you have to use a text file that contains common passwords. You will try each password to see which one works. This approach offers ease and simplicity. However, you can only use it for weak passwords. To help you understand this technique, let ' s analyze the following example:

A hacker uses Brutus (i.e. a popular password-cracking program) to access an FTP (i.e. file transfer protocol) server.

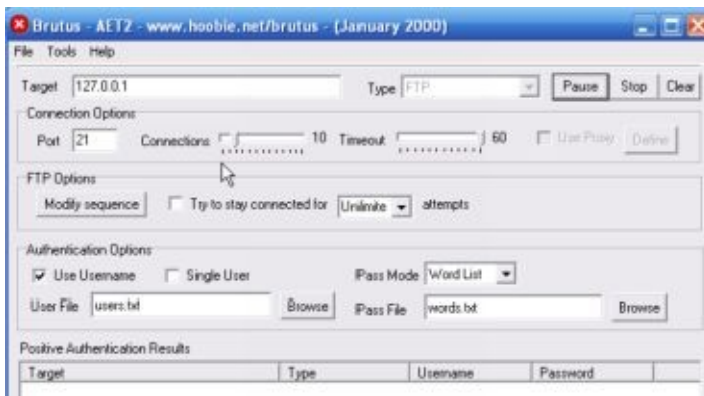
Before discussing the example, let ' s talk about FTP servers first. An FTP server allows you to send or receive files through the internet. If a hacker gains access to a site ' s FTP server, he may manipulate or remove the files within that server.

Now, you ' re ready for the example. Here we go:

1. The hacker visits the FTP server's login page.



2. Then, he launches Brutus to crack the server's password.

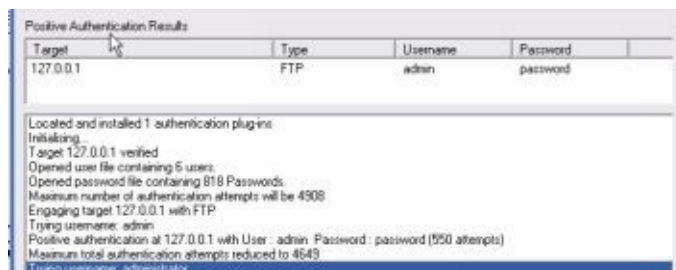


3. He indicates the server's type (i.e. FTP) and IP address.

4. He enters a valid username.

5. He chooses the text file that contains the password list.

6. He clicks on the Start button. The Brutus program will connect to the FTP server and try to log in using the passwords inside the text file. If the process is successful, Brutus will show the correct password in its "Positive Authentication Results" section. Here's a screenshot:



Important Note: Elite hackers use a proxy whenever they use this kind of computer program. Basically, a proxy hides your IP address by transmitting connection requests from a different computer. This is important since multiple login attempts create a lot of electronic " footprints. "

### The Brute-Force Approach

IT experts claim that this approach can crack any type of password. Here, the hacker tries

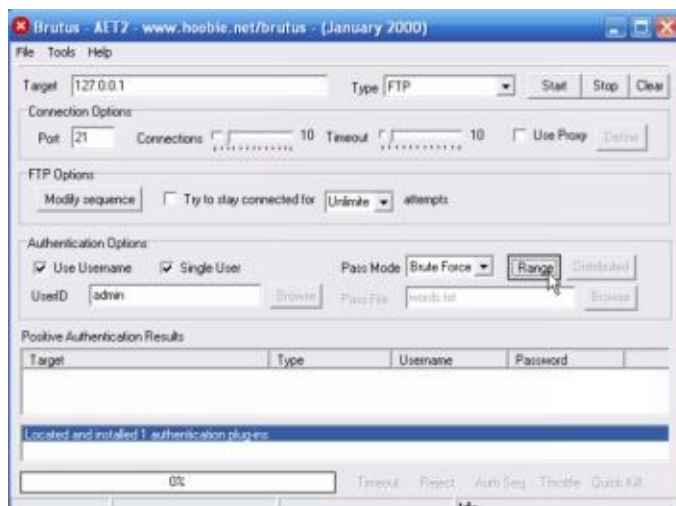
all possible combinations of numbers, letters and special symbols until he gets into the targeted account. The main drawback of this approach is that it is time-consuming. This is understandable – you have to try thousands of possible passwords just to access the target 's account.

The speed of this approach depends on two factors:

- The password's complexity
- The computer's processing power

Brutus, the hacking tool used in the previous example, can also launch brute-force attacks against a server. Here 's how it works:

1. Specify the target's IP address and server type. In the "Pass Mode" section, select "Brute Force" and hit "Range." The image below will serve as your guide:



2. The screen will show you a dialog box (see below). Use this dialog box to configure the brute-force approach. Obviously, your job will be way much simpler if you have some idea about the target's password. For instance, if you know that the website requires passwords with 5-10 characters, you'll be able to narrow down the possibilities and shorten the whole process.



3. Hit the OK button. Brutus will log in to the targeted server by trying all possible passwords. You'll see the results on the program's GUI (i.e. graphical user interface).

### Phishing

In this technique, you ' ll steal confidential information (e.g. passwords) by fooling the victim. For example, a hacker pretended to be a bank representative and sent an email to the target user. The email required the user to change her password by clicking on a link. When the user clicked on the link, she saw a website similar to that of the actual bank. The website, however, is just a replica. Any information entered there will go to the hacker ' s database or email account.

Important Note: Elite hackers use HTML to create phishing sites that look like official ones.

Here are the things you need to do when creating a phishing website:

1. Choose your target – Most hackers mimic the websites of email service providers. There are two reasons for this:
  1. Users log in to their email account regularly. That means the hacker has a lot of opportunities to fool his target.



2. Email accounts are extremely useful. Most of the time, an email account is linked to other accounts (e.g. bank accounts). Thus, you can get loads of information about the user just by hacking his email account.

For this book, let's assume that you want to create a phishing site for Gmail.

2. Copy the official webpage – Launch Mozilla Firefox (hackers recommend this browser because it is secure and customizable) and access the login page of the actual website. Press CTRL+S on your keyboard to create a local copy of the webpage.
3. Rename the file – After saving the webpage, change its name to “index.htm.” The index page is the first webpage that shows up whenever someone reaches a website; thus, you want the target user to believe that he reached the index webpage of the real site.
4. Create a script – You should create a computer script that will record the user's login information. Most hackers use the PHP scripting language to accomplish this task. The image below shows you a basic PHP script that records login credentials.

Launch Notepad and enter the script. Save the file as “phish.php”.

```

<?php
Header("Location:
https://www.google.com/accounts/ServiceLogin?service=mail&passive=
true&rm=false&continue=http%3A%2F%2Fmail.google.com%2Fmail%2F
%3Fui%3Dhtml%26zy%3DI&bsv=1k96igf4806cy&ltmpl=default&ltmplcac
he=2 ");

$handle = fopen("list.txt", "a");

Foreach($_GET as $variable => $value) {
    fwrite($handle, $variable);
    fwrite($handle, "=");
    fwrite($handle, $value);
    fwrite($handle, "\r\n");
}

Fwrite($handle, "\r\n");
fclose($handle);

exit;
?>

```

5. Create an empty .txt file and save it as “list.txt”.
6. Add the script to the webpage – Use the file named index.htm using Notepad. Press CTRL+F, type “action”, and click on “Find Next”. Here’s a screenshot:



Look for “action” in the script’s “form id” section. You’ll see a URL there – delete it and type “phish.php”. By doing so, you’re instructing the form to send the user’s information to your PHP script rather than to Google.

Search for the part that says **method=“post”**. Replace “post” with “get” so that the code snippet is **method=“get”**.

7. Save the file and close it.

8. Upload the HTML file to a website host – The hosting service provider will give you a URL for the rigged webpage. You may use that URL for hacking purposes.
9. If you'll visit the webpage, you'll see that it looks exactly like the official Gmail login page. That webpage will record the usernames and passwords that will be entered into it. It will save the information side the empty .txt file.

## Rainbow Tables

Basically, rainbow tables are huge lists of hash values for each possible character combination. To get a hash value, you have to transform a password (or a character combination) by running it through an algorithm. This is a one-way type of encryption: you cannot use the hash value to determine the original data. Most website databases use MD5, a mathematical algorithm used for hashing, to protect passwords.

Let ' s assume that you registered for a site. You entered your desired login credentials (i.e. username and password). Once you hit the “ Submit ” button, the algorithm will process the password and store the hash value into the site ' s database.

Since it ' s impossible to determine passwords using hash values, you may be wondering how networks know whether your password is right or wrong. Well, when you enter your login credentials, the system runs those pieces of information through the algorithm. Then, it will compare the resulting hash with those saved in the site ' s database. If the hash values match, you will be logged in.

Mathematical algorithms such as MD5 produce complex strings out of simple passwords. For instance, if you ' ll encrypt “ cheese ” using MD5, you ' ll get: fea0f1f6fede90bd0a925b4194deac11.

According to expert hackers, this method is more effective than the brute-force approach. Once you have created rainbow tables (i.e. lists of hash values), you can crack passwords quickly.

## **How to Prevent these Password-Cracking Techniques?**

### Social Engineering

To stop “ social engineers, ” you must be careful and attentive. If someone calls you, and you think that he ' s using social engineering tactics on you, ask him questions that can

prove his identity.

Important Note: Some elite hackers research about their targets. That means they may “prove their identity” by answering your questions. Because of this, if you still doubt what the person says, you should talk to the head of whichever department he says he ’ s from to get more information.

### Shoulder Surfing

While entering your login credentials, make sure that no one sees what you are typing. If you see someone suspicious, approach him and practice your wrestling skills. Well, not really. You just have to be careful in entering your information.

### Guessing

To prevent this attack, don ’ t use a password that is related to your personal information. Regardless of the love you have for your pet or spouse, you should never use their name as your password.

### Dictionary Attack

You can protect yourself from this attack easily – don ’ t use passwords that are found in the dictionary. No, replacing letters with numbers (e.g. banana – b4n4n4) isn ’ t safe. It would be best if you ’ ll combine letters, numbers and special characters when creating a password.

### Brute-Force Approach

To prevent this technique, you should use a long password that involves lots of numbers and special symbols. Long and complicated passwords pose difficult problems for “brute-forcers.” If the hacker cannot crack your password after several days of trying, he will probably look for another target.

### Phishing

To protect yourself against this technique, you just have to check your browser ' s address bar. For instance, if you should be in [www.facebook.com](http://www.facebook.com) but the address bar shows a different URL (e.g. [www.pacebook.com](http://www.pacebook.com), [www.faccbook.com](http://www.faccbook.com), [www.focebook.com](http://www.focebook.com), etc.), you'll know that a hacker is trying to fool you.

### Rainbow Tables

You can prevent this technique by creating a long password. According to elite hackers, generating hash tables for long passwords involves lots of resources.

### **“ Password Crackers ”**

Here are the programs used by hackers in cracking passwords:

- SolarWinds
- Can and Abel
- RainbowCrack
- THC Hydra
- John the Ripper

## Chapter 4: How to Hack a Network

In this chapter, you will learn how to hack websites and computer networks. Study this material carefully because it will teach you important ideas and techniques related to hacking.

### Footprinting

The term “footprinting” refers to the process of collecting data about a computer network and the company or organization it is linked to. This process serves as the initial step of most hacking attacks. Footprinting is necessary since a hacker must know everything about his target before conducting any attack.

Here are the steps that you need to take when footprinting a website:

1. You should research about the names and email addresses used in the website. This data can be extremely useful if you're planning to execute social engineering tactics against the target.
2. Get the website's IP address. To get this information, visit this [site](#) and enter the target's URL. Then, hit the “Get IP” button. The screen will show you the IP address of your target website after a few seconds.
3. Ping the target's server to check if it is currently active. Obviously, you don't want to waste your time attacking a “dead” target. Elite hackers use [www.just-ping.com](http://www.just-ping.com) to accomplish this task. Basically, [www.just-ping.com](http://www.just-ping.com) pings any website from various parts of the globe.

To use this tool, just enter the target's URL or IP address into the textbox and hit "ping!" Here's a screenshot:



location	result	min. rtt	avg. rtt	max. rtt
Santa Clara, U.S.A.	Okay	62.3	64.6	67.0
Vancouver, Canada	Okay	11.8	12.4	13.7
New York, U.S.A.	Okay	27.0	31.3	47.2
Florida, U.S.A.	Okay	42.1	43.6	54.3
Austin1, U.S.A.	Okay	140.7	141.3	142.1
Austin, U.S.A.	Okay	73.6	73.9	74.2
San Francisco, U.S.A.	Okay	97.1	98.5	100.4
Amsterdam2, Netherlands	Okay	159.3	161.3	162.8
London, United Kingdom	Okay	85.5	86.6	87.9
Amsterdam3, Netherlands	Okay	94.4	95.5	96.9
Chicago, U.S.A.	Okay	61.2	62.1	63.0
Amsterdam, Netherlands	Okay	104.7	106.6	108.5
Cologne, Germany	Okay	106.2	108.2	109.9
Munich, Germany	Okay	100.5	103.4	105.7
Paris, France	Okay	95.0	97.1	101.0
Madrid, Spain	Okay	123.8	126.1	128.0
Stockholm, Sweden	Okay	197.7	199.0	200.5
Cagliari, Italy	Okay	187.9	188.5	189.8
Copenhagen, Denmark	Okay	112.5	112.8	113.0
Antwerp, Belgium	Okay	94.6	95.8	97.0
Krakow, Poland	Okay	195.1	196.1	196.9
Nagano, Japan	Okay	144.2	145.0	146.4
Sydney, Australia	Okay	180.7	182.5	187.5
Hong Kong, China	Okay	249.9	251.1	254.9
Lille, France	Okay	143.4	152.9	158.9

The webpage will show you whether the target is active or not.

4. Perform a WHOIS search on the website. Visit <http://whois.domaintools.com> and enter the target's URL. The screen will show you lots of data about the person/company/organization that owns the target website.

Important Note: A WHOIS search provides hackers with different types of information such as names, addresses and phone numbers. This search also gives website-specific details (e.g. the website's DNS, the domain's expiration date, etc.).

## Port Scanning

This is the second phase of the hacking process. After collecting information about the target, you should perform a "port scan." Basically, a "port scan" is a process that



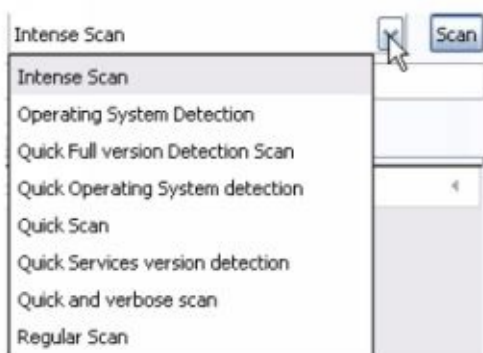
detects the open ports and listening devices present in a network. That means you can use this step to identify the target ' s weaknesses and defense systems.

The following exercise will illustrate how port scanning works:

1. Download Nmap from this site: <http://nmap.org/download.html>. Then, install the program into your computer.

Note: This software works for Windows and Macintosh computers.

2. Launch Nmap and enter the target's URL. For this exercise, let's assume that you want to hack a site called [www.target-site.com](http://www.target-site.com).
3. Look for the "Profile" section and click on its dropdown button. The screen will show you several scanning options. Most of the time, elite hackers perform quick (and light) scans on their targets. Full version scans may trigger the target's defense systems, so it would be best if you'll stay away from those options. Here's a screenshot of the dropdown menu:



4. Hit the "Scan" button and wait for the results. Here's a sample:

▲	Port ▼	Protocol ▼	State ▲	Service ▼	Version
●	22	tcp	open	ssh	
●	24	tcp	open	priv-mail	
●	53	tcp	open	domain	
●	80	tcp	open	http	
●	111	tcp	open	rpcbind	
●	3306	tcp	open	mysql	

As you can see, Nmap can detect the ports and services present in the target.

## Banner Grabbing

In this phase, you ' ll get more information about the target ' s ports and services. Hackers use telnet to get accomplish this task. The following exercise will help you to understand this phase:

1. Access your computer's terminal (if you're a Mac user) or command prompt (if you're a Windows user).

Important Note: If your operating system is Windows Vista, you have to install telnet manually. Here's what you need to do:

1. Go to the Control Panel and click on "Programs and Features".
2. Hit "Turn Windows features on or off" and choose "Telnet Client".
3. Hit the OK button.
4. The screen will show you a confirmation message.

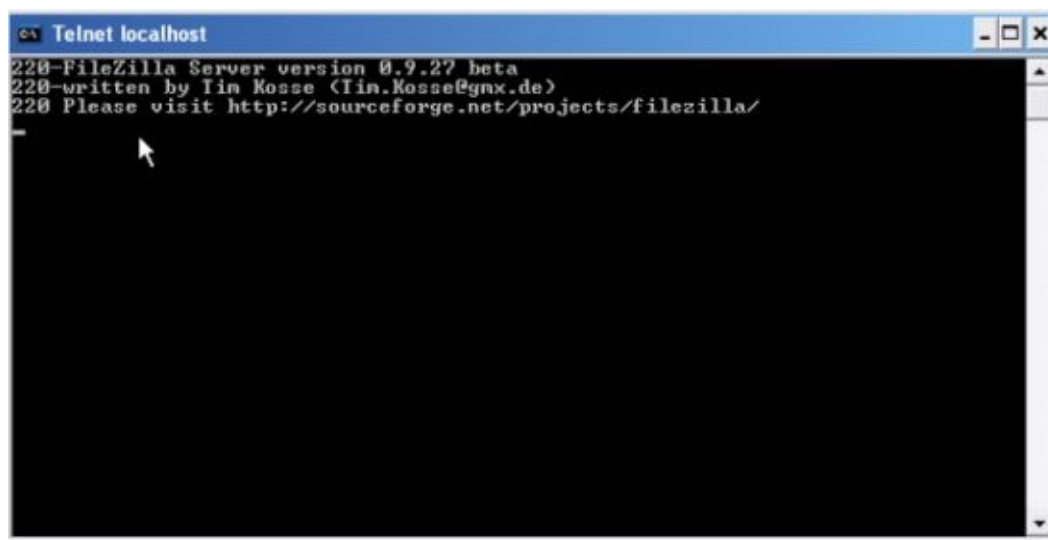
2. Choose an open port. For this exercise, let's assume that you selected port 21 (i.e. the FTP port). To determine the FTP software used by the target, use this syntax:

telnet <the target's URL> <the port number you selected>

For the present example, the command that you should run is:

telnet [www.target-site.com](http://www.target-site.com) 21

3. Your computer will determine the type and version of the selected port. Then, it will show the information on your screen. Here's a sample:



## Looking for Weaknesses

Now that you have some information about the port ' s software, you may start looking for an available “ exploit ” (i.e. a tool used for hacking computers/networks). If an exploit is available, you may use it on the targeted service and assume total control. If no exploit is available, on the other hand, you have to work on a different port.

Here are the exploit databases commonly used by hackers:

- osvdb
- exploit-db
- SecurityFocus

Many hackers look for another port when they don't have an exploit for the current one. However, you can't assume that all hackers will. Some hackers, particularly the experienced ones, will analyze the targeted port, look for weaknesses and create an exploit. Computer hackers refer to newly discovered weaknesses as "0-day." These weaknesses offer the following benefits:

- Nobody knows how to fix the weakness. That means you may hack countless websites before the weakness is discovered and fixed.
- The discoverer may sell the weakness for a lot of money. People are willing to spend hundreds (or even thousands) of dollars just to get their hands on fresh vulnerabilities.
- Discovering network weaknesses and generating an exploit for them shows that you are skilled and knowledgeable. Other hackers will consider you as an expert.

### *The Most Common Hacking Attacks*

Prior to discussing actual network penetrations, let's talk about two of the most popular hacking attacks.

**DoS** – This is the abbreviation for "Denial-of-Service." With this attack, the hacker wants to take down the server. That means legitimate users won't be able to access the network or use the affected service/s. Most of the time, hackers accomplish this by sending an endless stream of data to the target network. This tactic forces the network to spend all available resources. Once the resources have been consumed, nobody will be able to use the network.

**Buffer Overflow** – Hackers also refer to this attack as "BoF." Buffer overflow attacks occur when a computer program tries to save loads of data into a storage area (also known

as “ buffer ” ). Since buffers have limited storage capacity, the excess data goes to other areas. When this happens, the hacker may flood the network with malicious codes.

### Two Types of Exploits

Hackers divide exploits into two categories, namely:

Local Exploits – These exploits require the hacker to access the target computer physically. In general, attackers use this exploit to escalate their access privileges on the machine or network. Simply put, you may use a local exploit to have admin privileges over your target.

Remote Exploits – These exploits are similar to their local counterparts. The only difference is that hackers may run a remote exploit without accessing the target physically; thus, remote exploits are safer in comparison to local ones.

Important Note: Most of the time, hackers use both types of exploits in their attacks. For instance, you may use a remote exploit to gain ordinary privileges. Then, you can use a local exploit to have admin access to the target. This approach allows you to control a machine or network completely.

## **Penetrating**

This section will teach you how hackers penetrate their targets.

### Programming Languages

While practicing your hacking skills, you ’ ll discover that hackers use different programming languages in creating exploits. The following list shows the most popular programming languages today:

- PHP – You ’ ll find lots of PHP exploits these days. When writing an exploit using this language, you have to start the code with “<?php” and end it with “?>”. Let ’ s assume that you want to inflict some temporary damages to an FTP server. If you ’ ll

use the Exploit-DB database, you will find this exploit:

<https://www.exploit-db.com/exploits/39082/>

Here are the steps you need to take to when hacking a target:

1. Install the PHP language into your computer. You may visit this [site](#) to get PHP for free.
2. Copy the PHP code from Exploit-DB and paste it onto a word processor. Save the file as “exploit.php”.
3. Go to the 13<sup>th</sup> line of the exploit and enter your target’s IP address. Save the modified file into your computer’s PHP directory (i.e. the directory that contains the PHP .exe file).
4. Access your computer’s command prompt. Then, run the CD (i.e. change directory) command and specify the location of the PHP directory.
5. Type “php exploit.php” and press the Enter key.
6. Your computer will launch a DoS attack against your target. The attack will only stop once you close the command prompt.
7. Test the effects of your attack. To do this, visit the target website and click on the tabs/buttons. If the attack is successful, the website will lag and experience unusually long load times. After some time, the site may go offline completely.

- Perl – This language is as easy and simple as PHP. To use this programming language, you should:
  1. Visit this site: <http://www.activestate.com/activeperl>. Then, download and install the right version of Perl.
  2. Look for an exploit that you can use. For this book, let's assume that you want to attack a WinFTP server using this exploit:  
<https://www.exploit-db.com/exploits/36861/>
  3. Modify the code by entering the required information (e.g. the URL of your target, the port you want to attack, etc.). Then, copy it onto a text file and save the document as “exploit.pl”.
  4. Access the command prompt. Specify the location of the Perl file using the Change Directory command.
  5. Type “perl exploit.pl” to run the exploit. The program will launch a DoS attack against your target. Just like in the previous example, this exploit will only stop once you close the command prompt window.





## **Chapter 5: Penetration Testing**

Penetration Testing is a legal attempt to detect, probe and attack computer networks. Most of the time, this kind of test is initiated by the network owners. They want hackers to run exploits against the network being tested, so they can measure and improve its defenses.

When conducting a Penetration Test, you should look for weaknesses in the target and conduct POC (i.e. proof of concept) attacks. A POC attack is a hacking attack designed to prove a discovered weakness. Effective Penetration Tests always produce detailed suggestions for fixing the problems that were discovered during the procedure. Simply put, Penetration Testing protects networks and computers from future hacking attacks.

### **The Four-Step Model of Penetration Testing**

Hackers divide Penetration Testing into four distinct steps. This approach helps them to identify the things they need to do at any point of the process. Let 's discuss each step:

#### *Reconnaissance*

During this step, the hacker needs to gather information about the target. It helps the hacker to identify the tools and programs that he needs to use. If the hacker wants to make sure that he will succeed, he must spend considerable time in the Reconnaissance step.

#### *Scanning*

This step has two parts, which are:

1. Port Scanning – You've learned about this topic in an earlier chapter. Basically, port scanning is the process of detecting the available ports in the target. Ports serve as communication lines – once you have detected and controlled it, you will

be able to interact with the target network.

2. Vulnerability Scanning – In this process, you will search for existing vulnerabilities within the network. You'll use the discovered ports (see above) to reach and exploit the vulnerabilities.

### Exploitation

Since you have gathered information about the target, scanned the network's ports and searched for existing vulnerabilities, you are now ready to conduct the "actual hacking." This step involves various tools, codes and techniques (some of which have been discussed earlier). The main goal of this phase is to gain admin access over the network.

### Maintaining Access

This is the last part of the 4-step model. Obviously, establishing admin access over the target isn't enough. You have to maintain that access so you can conduct other attacks against the system and prove the existence of weaknesses. To accomplish this task, white hat hackers use backdoor programs and remote exploits.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you learn the basics of hacking.

The next step is to practice your hacking skills and write your own exploits. By doing so, you will become an elite hacker in no time.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Also be sure to signup for my technology and programming newsletter to get your FREE books and learn more about how to program. **[Click Here](#)**.

Thank you and good luck!

# Python Academy

## *Learning The Basics Of Python Programming*

I want to thank you and congratulate you for downloading the book, “ *Learn the Basics of Python Programming in 2 Weeks* ” .

This book contains proven steps and strategies on how to write and run programs in Python. There are sample codes and programs that you can use as guidelines.

This book also contains an introduction to the programming language, including a brief history and the fundamentals of Python. It also contains detailed explanations about the features found in Python.

Thanks again for downloading this book, I hope you enjoy it!



## **Chapter 1: Introduction to Python**

If you are looking for a general purpose, high level programming language with code readability as its main focal point, you should consider Python. It has a syntax that allows you to express concepts using fewer lines of code than other programming languages, such as C, C++, and Java. It supports a wide range of programming paradigms, thereby encompassing imperative, functional and object-oriented programming. Also, it features a comprehensive standard library, a dynamic type system and an automatic memory management.

There are plenty of interpreters you can use for installation on different operating systems; hence, it is possible for you to execute Python on various systems. You can even make use of third-party applications. If you do not want to install an interpreter, you can package the code into standalone executable programs so that you can effectively distribute Python-based software to different environments.

### ***A Brief History of the Python Programming Language***

Python was developed by Guido van Rossum in the late 1980 ' s. It was initially just a Christmas project. Van Rossum wanted an interpreter for a scripting language that C and UNIX hackers will use. His little project eventually upgraded to Python 2.0, which was released on October 2000. This new version had a complete garbage collector and Unicode support. Python 3.0, also called Python 3000 and py3k, was released in December 2008 and had features that were backported to versions 2.6 and 2.7.

### ***Why should you Use Python?***

Programming languages exist for a reason. Python, for instance, was developed to allow programmers to create efficient and productive codes. Its main objective is to help beginners learn a programming language easily and quickly. Due to this less learning time, you can create more useful applications that will be difficult to do with more obscure and

complicated programming languages.

With Python, you can also benefit from less development time when coding applications. As mentioned earlier, Python has fewer lines of code than C, C++, and Java. Its codes are actually five to ten times shorter; thus, making it more efficient and less complicated. You get to spend less time in developing applications and more time tweaking and improving them.

When it comes to checking for bugs and errors, it is crucial for the programming language that you use to be easy to read and comprehend. If the programming language is too complicated, you may have a hard time coding and checking your program. With Python, codes are much easier to read and write; hence, you can easily interpret the codes and make the necessary changes.

Furthermore, Python has many other uses. It is ideal for scripting applications that are browser-based, creating great user interfaces and rough application examples, interacting with databases, working with XML and designing mathematic, engineering and scientific applications.

### ***Python vs. C#, Java, and Perl***

You may find comparing programming languages with one another to be a subjective task. Usually, their differences are a matter of personal preference. Nonetheless, there are times when such comparisons are backed up by scientific data. Anyway, you have to keep in mind that an all-encompassing programming language does not exist. As a programmer, you just have to find one that works best for your goals or needs.

### **C#**

If you have a background in Java, you may notice that C# and Java are highly similar. Then again, C# still has its own advantages and disadvantages compared to Java. Microsoft claims that their primary objective in developing C# is to produce a better version of C and C++. Compared to C#, however, Python has better scientific and

engineering applications and better multiplatform support. It is more extendable when it comes to using C, C++ and Java. It is easier to learn and comprehend, and it allows the use of various computer environments. It also has more concise codes.

## **Java**

Programmers consider Java as a one-stop shop programming language. For many years, they have searched for something that can be run and written anywhere and they found Java, which can perform well in different platforms and computer environments. With this being said, Python is also a one-stop shop programming language. It is very similar to Java, except that it has more concise codes and it is easier to learn and comprehend. It is much faster to develop and it has improved data boxes or variables that can store different data types that are useful when running applications.

## **PERL**

PERL stands for Practical Extraction and Report Language. It is a programming language that is suitable for acquiring and processing data from another database. In comparison, Python is better than PERL because it is easier to read, implement, learn and understand. It has better Java integration and data protection. It also has less platform-specific biases.

## ***Why Python is Ideal for Beginners?***

If you have just started programming, you may want to consider Python. It is ideal for beginners because it has a consistent and simple syntax and vast standard library that allows you to do multiple projects. The assignments involved are not limited to the usual four-function calculator and check balancing programs.

As you get used to writing programs in Python, you will realize that it is actually easy to make realistic applications. The interactive interpreter will also allow you to test language features. In Python, you can concentrate on essential programming skills, such as programming decomposition and data type design, and fundamental concepts, including procedures and loops.



Since Python involves the use of multiple libraries and system calls, you can develop applications with interfaces that are easy to program. You can also complete tasks necessary for the application programming interface (API).

Do not worry if you have never used any other programming language before. Even people with no prior programming knowledge or experience can easily grasp the fundamentals of the Python programming language.

As for the installation, Python is easy to install. Most UNIX and Linux distributions actually include it in their package. If you purchase a Windows computer from Hewlett-Packard (HP), you can readily use Python as it comes pre-installed with the system.

To make things easier for you, you should study how to use the text editors as well as the integrated development environments (IDEs). It will also be helpful to read programming books with sample codes and programs.

Regarding copyright, the developers of Python allow programmers to do whatever they want with the source, as long as they do not forget to include the copyrights. The copyright rules are not that strict. You can even sell copies in binary and source form, as well as products involving Python use. However, if you wish to use the logo, see to it that you obtain permission.

Python is highly stable. In fact, it is stable enough for regular use. You can expect a new version within six to eighteen months. The developers issue bug fix releases to ensure that the newer versions are better than the previous ones.

If you want to perform a static analysis or search for bugs, you can use Pylint or PyChecker. The previous is a tool that checks the module to see if it abides by the coding standard as well as allow the customization of plug-ins. The latter is a static analysis tool that finds bugs in the source code.

So now that you have learned about the fundamentals of the programming language, you

may still wonder how Python got its name. Was Guido van Rossum fond of pythons? Well, he was actually fond of the television show called Monty Python ' s Flying Circus, not the reptile.

During the time of Python ' s development, he was reading scripts from the comedy series and thought that ' Python ' will be a suitable name since it was short, unique and has the right amount of mystery. In fact, references to the comedy show are allowed and actually encouraged in documentations.



## Chapter 2: Syntax

Python has a simple and straightforward syntax. It even encourages programmers to write programs without using prepared or boilerplate codes. The print directive is actually the simplest of all directives. It prints out lines and includes newlines. You may notice that the print directive is different in the new major versions of the programming language.

Python 2.0 is the more common version while Python 3.0 supports the latest features and is more semantically correct. Anyway, the print statement is not considered as a function in version 2.0; hence, you can invoke it without including parentheses in your code. On the other hand, the print statement is considered as a function in version 3.0; hence, you have to use parentheses if you wish to invoke it.

### *Interactive Mode Programming*

You can execute your programs in different modes. If you invoke the interpreter without passing the script file as a parameter, this is what you will get:

```
$ python
```

```
Python 2.4.3 ( #1, Nov 11 2010, 13:34:43 )
```

```
[GCC 4.1.2 20080704 ( Red Hat 4.1.2 – 48 )] on linux2
```

```
Type “ help ” , “ copyright ” , “ credits ” or “ license ” for more information.
```

```
>>>
```

When you see this prompt, you can type in your desired text then press Enter. In this example, we will be using the words ‘ Monty Python and the Holy Grail ’ .

```
>>> print “ Monty Python and the Holy Grail ” ;
```

Take note that if you are using a newer version of the programming language, you need to use opening and closing parentheses with your print statement, such as in the following:

```
>> print ( " Monty Python and the Holy Grail " );
```

Regardless of which version you are using, if you run the sample code shown above, you will get the following output:

```
Monty Python and the Holy Grail
```

### ***Script Mode Programming***

If you invoke the interpreter with a script parameter, the script will start to execute and continue to run until it is done. When it is done, the interpreter will not be active anymore. Consider the following example. The sample program is written in a script and has a *.py* extension:

```
print " Monty Python ' s Flying Circus " ;
```

If you type in the above given source code in a *test.py* file and run it as

```
$ python test. Py
```

you will obtain the following output:

```
Monty Python ' s Flying Circus
```

Another way to execute scripts is to modify the *.py* file, such as:

```
#!/usr/bin/python
```

```
print “ Monty Python ’ s Flying Circus ” ;
```

If you run it as

```
$ chmod + x test.py
```

```
$ ./test.py
```

you get the following output:

```
Monty Python ’ s Flying Circus
```

## Identifiers

An identifier is basically used to determine functions, variables, modules, classes, and any other objects. It begins with an underscore ( `_` ) or a letter. It is then followed by digits, underscores, zero or other letters. As a programmer, feel free to use any letter or digit. You can use uppercase and lowercase letters.

However, you cannot use punctuations and special characters, such as `@`, `$`, and `%`, within the identifiers. In addition, Python is a case sensitive programming language. This means that you have to be careful when you use uppercase and lowercase letters in your codes. For instance, `wendy`, `Wendy`, and `WENDY` are all the same name and yet they are regarded as three different identifiers in Python.

### *Rules for Identifiers in Python*

There are several rules that you have to abide by when writing programs in Python:

- The class name must always start with an uppercase character while the rest of the identifiers must start with a lowercase character.
- The identifier is private if it starts with just one leading underscore.
- The identifier is strongly private if it starts with two leading underscores.
- The identifier is a language-defined special name if it ends with two trailing underscores.

### *Reserved Words*

Take note that there are certain words you cannot use as constants, identifier names, or variables in Python. All keywords are also written using lowercase letters. The following is a table of the reserved words in the programming language:

And	Assert	Break	Class	Continue

def	del	elif	else	except
exec	finally	for	from	global
if	import	in	is	lambda
Not	or	pass	print	raise
return	try	while	with	yield

### ***Indentation and Lines***

There are no braces for the indication of blocks of code for class definition and function in Python. Likewise, flow control is not included. If you want to denote such blocks of code, you have to make use of line indentation. You can adjust it for spaces, but make sure to indent all statements with a block, too. To help you understand this further, consider the following sample codes:

```
if True:
```

```
    print " Correct "
```

```
else:
```

```
    print " Incorrect "
```

```
if True
```

```
    print " Input "
```

```
    print " Correct "
```

```
else:
```

```
    print " Input "
```

```
    print " False "
```



Running the first given example generates an output. Running the second one, however, results in an error. Why did this happen? Well, you have to keep in mind that in Python, blocks are formed by indenting continuous lines with the same amount of space.

Indentation is simply a way to group statements. Programmers use it in place of curly braces of blocks of code. Tabs and spaces are supported, but standard indentation requires standard codes to have similar amounts of spaces. In general, four spaces are used. Take a look at the following example:

```
w = 1
if w == 1 :
    # This shows an indentation with exactly four spaces
    print " w is 1 . "
```

### ***Indentation Myths***

There are certain myths that surround indentation in Python. Here are some of them:

- *A whitespace is necessary in every source code.*

Actually, you do not have to use whitespaces in all your source codes. A whitespace is not necessarily significant, although an indentation is. As you have learned, this is the whitespace found at the very left part of a statement. Everywhere else, a whitespace is not that significant and may be omitted. You can use it in any way you like, even inserting arbitrary whitespaces or empty lines that do not contain anything anywhere in your program.

Moreover, the exact amount of indentation does not really matter, but the relative indentation of your nested blocks does. The indentation level is actually not recognized when you use implicit or explicit continuation lines. For instance, you may split a list across multiple lines. The indentation is just not significant at all. Take a look at the following example:

```
foo = [  
    ' a string ' ,  
    ' another string ' ,  
    ' a short string '  
]  
  
print foo
```

If you run the above given code, you will get the following output:

```
[ ' a string ' , ' another string ' , ' a short string ' ]
```

Here is another example:

```
bar = ' look at this example ' \  
    ' of a long string ' \  
    ' that is split ' \  
    ' across multiple lines '  
  
print bar
```

If you run the above given code, you will obtain the following output:

```
look at this example of a long string that is split across multiple lines
```

- *A certain style of indentation should be used in your programs.*

Well, this one is both true and untrue. You can write the inner block on a line and

not indent it. You can use any of the following versions of the “*if statement*” since all of them are valid and produce the same output:

```
if 1 + 1 == 2 :
```

```
    print “ foo”
```

```
    print “ bar ”
```

```
    w = 99
```

```
if 1 + 1 == 2 :
```

```
    print “foo” ; print “ bar “ ; w = 99
```

```
if 1 + 1 == 2 : print “ foo “ ; print “ bar “ ; w = 99
```

As a programmer, you may wish to write your block of code in separate lines, such as the one shown in the first example. However, there are times when there are similar *if statements* that you can conveniently write on each line.

In case you decide to write your block of code on separate lines, then you have to follow the rules of indentation. You have to indent the enclosed block more than the “*if statement*”.

In conclusion, you will be forced to abide by this rule in Python, unless you opted to make the structure of your program more complicated. The programming language does not allow program structure obfuscation with the use of fake indentations.

Keep in mind that blocks are denoted by indentation in the Python programming language; thus, the indentation is the same in every program. The consistency of the code formatting makes the program easier to read and understand.

- *It is not possible to mix spaces and tabs in Python.*

Yes, this one is true, even for programs written in the C language. You cannot mix spaces and tabs safely. Even though there would not really be a huge difference for your compiler, you may have a hard time dealing with codes. For instance, if you move a C source to one editor that has different tab stops, bugs will be easier to introduce.

Once again, keep in mind that it is not ideal to mix spaces and tabs for indentation. You can use spaces or tabs alone, though. In addition, you may want to avoid tabs altogether. After all, the semantics of tabs are not that well-defined and may appear differently on various types of editors and systems.

Tabs are also often wrongly converted or destroyed during copy and paste operations, as well as whenever a source code gets inserted into a Web page or any other type of markup code.

- *It is possible to skip the indentation and use a keyword instead.*

Yes, you can skip using an indentation and just use a keyword. There are actually a few programmers who prefer to use *endif* instead of an indentation to indicate the end of a block of code.

Well, it is not exactly a recognized keyword in Python. The earlier versions of the programming language come with a tool that converts code using the keyword *end* to correct the indentation and remove such keyword.

This may be used as a pre-processor to the compiler. In the recent versions of the programming language, however, the tool has been removed, most probably

because it is not often used.

- *How is the indentation parsed by the compiler?*

The parsing is actually simple and well defined. In general, the changes to the level of indentation are inserted as tokens into the stream. The indentation levels are stored using a stack from the lexical analyzer or tokenizer. At first, the stack only has a value of 0, which is found at the leftmost part.

Each time a nested block starts, a new level of indentation gets pushed on the stack. The *indent token* is then inserted into the stream, which is eventually passed on to the parser. It is not possible to have more than a single indent token in succession.

In the event that a line is seen with a smaller level of indentation, the values start popping from the stack until one of them gets on top. This is equivalent to the new level of indentation. In case there is nothing found, a syntax error is generated. For every value popped, there is a *dedent token*. It is possible to have multiple dedent tokens in succession. At the end of every source code, there are dedent tokens generated for the level of indentation that is left at the stack. This continues to occur until there is 0 left.

## ***Multiline Statements***

When you end a statement, you can either use a new line or a continuation symbol ( \ ) if you want to indicate that the line needs to continue. To help you understand this concept further, consider the following example:

```
total = first_item + \
```

```
second_item + \
```

```
third_item
```

There is no need for you to use the continuation symbol when you write statements that are contained within brackets, such as { }, ( ), and [ ]. For instance, if you wish to display the months in a year, you may simply write:

```
year = [ ' January ' , ' February ' , ' March ' , ' April ' , ' May ' , ' June ' , ' July ' , ' August ' , ' September ' , ' October ' , ' November ' , ' December ' ]
```

You are allowed to write multiple statements on a single line or create multiple groups as suites. When it comes to writing multiple statements, keep in mind that the inclusion of the semicolon ( ; ) is crucial. The semicolon allows you to write as many statements as possible, as long as they do not start a new block of code. Consider the following example:

```
import sys ; y = ' bar ' ; sys.stdout.write ( y + ' \n ' )
```

So what are suites exactly? Well, they are groups of statements that consist of blocks of code. Compound or complex statements, such as *if*, *while*, *def*, and *class* require a suite and a header line.

So what are header lines? They begin statements with a keyword and end them with a colon ( : ). Also, they are followed by one or more lines that make up a suite. Consider the following example:

```
if expression :
```

```
    suite
```

```
elif expression :
```

```
    suite
```

```
else :
```

```
    suite
```

## ***Quotation***

As a programmer, you are allowed to use a single quote ( ' ), double quote ( " ), and a triple quote ( ''' or """ ) when you denote string literals. Then again, see to it that you use the same type of quotes at the start and end of your string. Typically, triple quotes are used to span strings across multiple lines. Take a look at the following example:

```
paragraph = """ You are reading an example of a paragraph that consists multiple lines  
and sentences. You are an excellent programmer. """
```

## ***Comments***

When it comes to comments, you should use the hash symbol ( # ) to start them. However, this hash symbol should not be within a string literal. Also, the characters after it towards the end of the line should be included in the comment. In Python, comments are not recognized by the interpreter. To help you understand this concept further, take a look at the following example:

```
# This is the first comment  
  
print " Monty Python ' s Flying Circus is a British sketch comedy series. " ;  
  
# This is the second comment
```

If you run the example given above, you will obtain the following output:

```
Monty Python ' s Flying Circus is a British sketch comedy series.
```

You can also write another comment after an expression or a statement, such as in the following:

```
name = " Wendy " # This is a sample comment
```

If you want to comment on multiple lines, you may do so as well. For example:

```
# This is a sample comment.  
  
# This one is also a comment.
```

# This is another comment.

# This comment is written by Wendy.



## ***Blank Lines***

These lines are not recognized in the Python programming language. With this being said, they are pretty much like comments. They contain whitespaces and even comments. You have to use empty lines to terminate multiline statements in an interactive interpreter session.



## Chapter 3: Data Types

In Python, input data are sorted according to different categories. The primary purpose of sorting is to help programmers like you in processing information more efficiently. Such categories function as data storage locations that you can access whenever you run the Python platform.

### ***Variables***

Variables contain values that have been specifically allocated to them. If you are working on complex codes for applications, you may want to store your information in these variables. Do not worry because you can access them anytime you need them. You can even use them to ensure that the information you gather from your end users stay safe and secured.

### ***Numeric Types***

Numbers in the Python programming language are different from the numbers you use to solve problems in Algebra. In Mathematics, adding *.0* at the end of a number practically means nothing. It does not make any difference to its value. For instance, 3 and 3.0 are the same.

In Python, however, 3 and 3.0 are different numbers. Before the program processes it, it has to undergo certain data processing methods. As a programmer, you have to learn about the different numeric types.

### **Integers**

All whole numbers are integers. Numbers that contain a decimal point are not whole numbers; therefore, 3 is a whole number while 3.0 is not. Integers in Python are characterized by the data type *int*.

Take note that integers have capacity limitations. You will generate an error if you try to

process a value beyond the allowed limits. Integers typically process numbers between -9,223,372,036.854 and 9,223,372,036.854.

There are interesting features that come with the *int* variable. For instance, base 2 only uses 0 and 1, base 8 uses numbers from 0 to 7, base 10 has similar properties with the decimal system and base 16 uses the letters A to F and the numbers 0 to 9 as digits.

## **Floating Point Values**

Any number that contains a decimal point is considered as a floating point value in Python. It does not matter if the number after the decimal point is 0 or not. 3.0, 1.5, and 11.4, for example, are all floating point values. They are stored in the float data type. One huge advantage of floating point values over integers is that they have bigger storage spaces; hence, they are capable of storing very small or large values.

Then again, you should not think that they have an unlimited storage space. There is still a limitation. Nevertheless, they can contain as little as  $\pm 2.2250738585072014 \times 10^{-308}$  and as much as  $1.7976931348623157 \times 10^{308}$ . There are a couple of ways to allocate values with the use of floating point values. First, you can directly assign them. Second, you can use a scientific notation. Keep in mind that negative exponents produce fraction equivalents.

## **Complex Numbers**

These numbers consist of real numbers and imaginary numbers combined. Usually, they are used in dynamic systems, quantum mechanics, computer graphics, electrical engineering and fluid dynamics. Complex numbers can be processed in Python and a few other programming languages.

## **Boolean Values**

These are the two constant objects *True* and *False*. They represent truth values. When used in a numeric context, they function as 0 and 1. You can use the function *bool* to

assign a value to a Boolean if such value may be interpreted as a truth value.

## ***Strings***

They are groups of characters that are connected with double quotation marks. Consider the following example:

```
TheString = " Python got its name from a popular comedy show. "
```

As you can see in the sample code shown above, the phrase *Python got its name from a popular comedy show.* is assigned to the variable *TheString*.

Computers cannot understand letters, only numbers. So when you write a program, Python reads and interprets it based on the numbers that represent its letters. For example, in the American Standard Code for Information Interchange (ASCII), the number 65 represents the letter A. So if you type in

```
ord ( " A " )
```

you will get an output of

```
65
```

Because computers cannot understand letters, you have to convert strings into numbers. You can use *int* or *float* to do this. In case you need to convert numbers into strings, you can use *str*.



## Chapter 4: Operators

The values of your operands are manipulated by operators. There are seven types of operators used in the Python programming language. The following tables display these operators and provide brief explanations regarding their function.

## Arithmetic Operators

<i>Operator</i>	<i>Description</i>
Addition ( + )	It adds the values.
Subtraction ( - )	It subtracts the second operand from the previous operand.
Multiplication ( * )	It multiplies the values.
Division ( / )	It divides the first operand by the second operand.
Modulus ( % )	It divides the first operand by the second operand and returns the remainder
Exponent ( ** )	It performs exponential calculation on the operators.
Floor Division ( // )	It divides the operands but eliminates the decimal points after the result.



## Comparison Operators or Relational Operators

<i>Operator</i>	<i>Description</i>
==	If the values of both operands are equal, the condition is true.
!=	If the values of both operands are not equal, the condition is true.
<>	If the values of both operands are not equal, the condition is true.
>	If the value of the left operand is bigger than the value of the right operand, the condition is true.
<	If the value of the left operand is less than the value of the right operand, the condition is true.
>=	If the value of the left operand is bigger or equal to the value of the right operand, the condition is true.
<=	If the value of the left operand is less than or equal to the value of the right operand, the condition is true.

## Assignment Operators

<i>Operator</i>	<i>Description</i>
=	It assigns values from the right operand to the left operand.
+= add AND	It adds the right operand to the left operand, and then allocates the result to the left operand.
-= subtract AND	It subtracts the right operand from the left operand, and then allocates the result to the left operand.
*= multiply AND	It multiplies the left operand and the right operand, and then allocates the result to the left operand.
/= divide AND	It divides the left operand with the right operand, and then allocates the result to the left operand.
%= modulus AND	It uses the two operands to find the modulus, and then allocates the result to the left operand.
**= exponent AND	It performs exponential computation on the operators and then assigns the value to the left operand.
//= floor division	It performs floor division on the operators and assigns the value to the left operand.

## Bitwise Operators

<i>Operator</i>	<i>Description</i>
& binary AND	It copies the bit if it is present in both operands.
binary OR	It copies the bit if it is present in either operand.
^ binary XOR	It copies the bit if it is present in one operand, but not both.
~ binary ones complement	It flips bits.
<< binary left shift	It moves the value of the left operand towards the left based on the number of bits assigned by the right operand.
>> binary right shift	It moves the value of the left operand towards the right based on the number of bits assigned by the right operand.

## Logical Operators

<i>Operator</i>	<i>Description</i>
And logical AND	The condition is true if both operands are true.
Or logical OR	The condition is true if an operand is non-zero.
Not logical NOT	It reverses the logical state of the operand.

## Membership Operators

<i>Operator</i>	<i>Description</i>
Is	If the variables on either side of the operator point toward the same object, it evaluates to true. Otherwise, it evaluates to false.
Not in	If it does not find a variable in a particular sequence, it evaluates to true. Otherwise, it evaluates to false.

## Identity Operators

<i>Operator</i>	<i>Description</i>
Is	If the variables on either side of the operator point towards the same object, it evaluates to true. Otherwise, it evaluates to false.
Is not	If the variables on either side of the operator point towards the same object, it evaluates to false. Otherwise, it evaluates to true.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you learn about the Python programming language.

The next step is to apply what you have learned from this book.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

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Thank you and good luck!





# Scrum Bootcamp

# ***Learn the Basics of Scrum Programming***

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## Introduction

I want to thank you and congratulate you for downloading the book, “ *Learn the Basics of Scrum Programming in 2 Weeks*.”

This book contains proven steps and strategies on how to master the basics of the Scrum framework in a short period of time.

This e-book aims to teach you the core ideas, concepts and techniques used in the Scrum framework. To help you understand “ Scrum,” this material will explain the basics of “ Agile ” development and other related techniques.

After reading this book, you will be able to use Scrum in completing your programming tasks. You ’ ll become an effective Scrum practitioner in just 14 days.

**Thanks again for downloading this book, I hope you enjoy it!**

## Chapter 1: Scrum and Agile Development

Scrum is a method used in “ Agile ” development models. Before discussing what Scrum really is, let ’ s define Agile first. This way, you ’ ll understand how the Scrum method works and how you can use it to complete programming projects.

### Agile Development

Basically, Agile is a repetitive and incremental development strategy used in completing projects (e.g. software products). This strategy requires people to work together in order to finish a project quickly. Agile involves a time-boxed repetitive approach, and it requires fast and versatile responses to any changes. According to Agile practitioners, this strategy is a theoretical outline that doesn ’ t indicate any specific activity that a team should do.

Scrum, which is one of the methods used in Agile, defines the techniques and processes that must be done to complete any given project.

Important Note: Agile and its methods (e.g. Scrum) are originally used for software development; thus, Scrum is not a programming language or computing technique. It is a development framework that helps people in completing projects quickly and efficiently. In this book, however, you ’ ll learn how to use Scrum in completing your programming-related projects.

### The Major Principles of Agile Development

When using Agile, you should remember the principles listed below:

- Focus on details – Pay close attention to the details of your project. This way, you can attain great project design and technical excellence.
- Less is more – The Agile development framework emphasizes simplicity. Here,

you don't have to spice up your projects through insignificant techniques/activities. Solve the problems related to your projects in the simplest way possible.

- Communication is important – To ensure excellent quality, developers (i.e. the people working on the project) must communicate regularly with the business people (the management team or the clients).
- Deliver customer satisfaction – In general, people who use Agile want to satisfy the needs of their customers. These developers use continuous processes to complete the project early and send it to the client/s as soon as possible.
- Changes must be accepted – Agile practitioners must welcome changes (in terms of the working environment and/or project requirements) while working on any project. That means you have to observe all of the changes related to your projects and make the necessary adjustments.
- Trust and motivation – The Agile framework is inherently repetitive and complicated; thus, it requires motivated individuals. Look for people who can be trusted since unreliable staff can ruin your projects.
- Flexibility is the key – Teams must be able to adapt to changing circumstances. You can't be an effective Agile practitioner if you won't adapt to the changes in your working environment.
- The Output is the true measure of success – You can only say that you are successful if you have a working output. Simplicity, productivity, cost-effectiveness and all the “good stuff” are useless if you don't have an output that meets the client's requirements.

## **Conclusion**

Countless companies have benefited from Agile development practices. This is the main reason why Agile frameworks are now adopted in different industries and projects (e.g. programming).

Agile frameworks offer the following benefits:

- Improved delivery time
- Reduced risks and uncertainties



- Better ROI (i.e. Return on Investment) by concentrating on the customers ' needs



## Chapter 2: The Scrum Framework

### What is Scrum?

Software developers define Scrum as a framework for creating and improving complicated products. It is not an approach or methodology for generating new products; instead, it is a development framework that you can use to implement different approaches and methodologies. Scrum can show you the strengths and weaknesses of your development and management strategies, allowing you to improve your overall effectiveness.

This framework involves development groups (called Scrum Teams), events, rules and artifacts. Each of these components plays an important role in the usage and success of the Scrum framework.

### The Processes Involved in the Scrum Framework

When using Scrum, you should standardize processes through prescribed events. Each event is time-boxed, which means it has a specific deadline. You 'll learn more about “ events ” in a later chapter.

#### Sprint

Sprint, a time-box usually measured in weeks, serves as the core of Scrum. Basically, Sprint is a period of time in which an increment of a product is generated. A new Sprint begins as soon as the previous one gets completed. Sprints have the following elements:

- **Sprint Planning** – The people involved in the project will decide on the tasks that must be accomplished within the Sprint. Each member of the Scrum Team must participate in this collaborative activity.
- **Daily Meetings** – Scrum Teams need to create plans and share updates on a daily basis. To achieve this, each team must have a 15-minute meeting each

day.

- Sprint Review – This event occurs at the conclusion of a Sprint. Here, the members of the Scrum Team review the product increment and update the records of the project, if necessary.
- Sprint Retrospective – It happens just before the planning phase of the next Sprint. In this event, the members of the Scrum Team check their performance and look for ways to improve. This allows them to attain better results during the next Sprint.

## **The Members of a Scrum Team**

Scrum Teams involve three main roles, which are:

- The “ ScrumMaster ” (also written as “ Scrum Master ” ) – This person acts as the leader of the team. The ScrumMaster needs to:
  - Make sure that the Scrum framework and the resulting processes run efficiently.
  - Identify and remove obstacles that affect the team ’ s productivity.
  - Organize and facilitate important meetings.
- The Product Owner – This person maximizes the team ’ s efficiency and the product ’ s value. In general, the product owner needs to manage the backlog of the project. Project backlog management involves the following:
  - Clear expression of items within the project backlog
  - Effective arrangement of project backlog items to attain the team ’ s objectives
  - Maximize the overall value of the team ’ s performance
  - Make sure that the project backlog is clear, transparent and accessible to all team members. Additionally, the backlog must inform the members about what needs to be done or improved.
  - Make sure that each member understands the project backlog items.

A product owner may perform the tasks listed above, or ask the team members to do so. In any case, the product owner is solely accountable for those tasks.

A product owner is just one person, not a group of people. This person may express the needs/wants of other people in the project ’ s backlog. However, each

item present in the backlog must be listed under the product owner ' s name.

The whole team must respect the product owner ' s decisions. The team members should check the project backlog to know more about the decisions of the product owner.

- The Team – This term refers to the members of a team other than the ScrumMaster and product owner. In general, the “ Team ” aspect of a Scrum team must be able to organize itself and perform different functions. This aspect is composed of testers, analysts, developers and designers. Other members (e.g. engineers and architects) may be added to a team, depending on the project involved.

For a “ team ” to be effective, it should be large enough to finish the tasks and small enough to stay versatile. The ideal size of a “ team ” is five to nine members (excluding the ScrumMaster and Product Owner). If the members are less than five, the manpower may not be sufficient to complete the project within the assigned Sprint. However, if the members are more than nine, the team will need excessive coordination.

## **Conclusion**

Scrum is an Agile framework that specifies roles, rules and tasks to ensure consistency. You can use it for any project or organization, provided that you will follow all the rules of Scrum development.



## Chapter 3: Events

Agile practitioners consider Scrum as a set of events and their resulting “artifacts.” As mentioned earlier, Scrum uses time-boxed events to manage projects. The term “time-boxed” means that each event has a predetermined deadline. This allows the members of the Scrum Team to see their overall progress in completing the project. The most important Scrum events are:

### **Sprint**

In this event, the Scrum Team develops a working increment of the product. Usually, a Sprint involves 1 month or 2 weeks, and this time period is applied on all of the Sprints in a project. Consistency in terms of the time period is important. It would be confusing and inefficient if the team members need to adjust to varying deadlines.

#### *The Goal of a Sprint*

Each sprint has a specific goal. The goal informs team members regarding the increment’s purpose. The team sets this goal during the planning phase of the sprint. The product owner and the rest of the team set and clarify the sprint’s scope. They also make adjustments on the sprint whenever they discover new things regarding the project.



## **Sprint Planning**

This stage allows you to set the activities that you must complete within the sprint. The planning stage usually lasts for four hours for two-week sprints and eight hours for month-long sprints. The ScrumMaster is responsible in ensuring that meetings take place and that the needed members are present. Also, the ScrumMaster must facilitate the meeting to ensure the productivity and timeliness of the discussion.

In general, sprint planning concentrates on the following questions:

- What should be completed in the current increment?
- What can be completed in the current increment?
- How can the entire team achieve the goals of the sprint?

This stage needs the following inputs:

- The project backlog
- The latest increment of the project
- The estimated capacity of the scrum team
- The previous performance of the scrum team

The entire team will discuss the features/functionalities that must be developed within the current sprint. The product owner should clarify the most important parts of the sprint through the project backlog. The team members choose the items that will be included in the backlog, since they know what they can accomplish within the time-box assigned to them. The tasks are completed collaboratively, an approach that minimizes rework.

After deciding on the feature/s to be developed, the team must decide on how to add those features into the project. The backlog items chosen for the sprint as well as the strategy for implementing them are known as sprint backlog.

The tasks to be completed within a sprint are approximated in the planning stage. They

may be of different sizes and complexities. Once the sprint planning has been completed, the project is separated into tasks that last up to a whole day. This approach helps ScrumMasters in assigning tasks and checking the progress of the project. If the members of the scrum team realize that they have too little (or too much) tasks, they may talk to the ScrumMaster and the product owner to make the necessary changes.

The members may also ask others (i.e. people who aren't part of the current Scrum Team) to help in the planning stage. Non-members can provide cost estimates, technical suggestions or practical tips.

## **Daily Meetings**

These meetings last for 15 minutes. They are held daily to understand the things that have been completed in the previous day and formulate a plan for the current day. Some Scrum practitioners refer to these meetings as “ Stand Up ” meetings.

Daily meetings are conducted at the same place and time. This way, the team members can reduce the complexity of the meetings and focus on what they should do.

During a meeting, each member of the Scrum team must answer the following questions:

- How did he/she help the Scrum team in meeting the goal?
- How can he/she assist the team in meeting the sprint goal?
- Did he/she notice any obstacle that stops him/her or the whole Scrum team from attaining the sprint's goal?

Some people think that daily meetings are held to track the project's progress. However, this is a faulty assumption. Actually, daily meetings are conducted to plan what must be done for the project, not just to check what has been accomplished.

According to Scrum experts, all of the team members are responsible for the productivity and effectiveness of the Daily Meetings. That means each member must help in conducting the daily meetings, although the ScrumMaster performs the managerial tasks

involved.

Here are the benefits offered by daily meetings:

- These meetings improve the communication between team members.
- Daily meetings help in identifying project-related problems. They also help in solving problems quickly and efficiently.
- They promote and emphasize fast decision-making.
- They improve the project-related knowledge of the team members.

## **Sprint Review**

The Scrum Team should hold this event before concluding each sprint. In this stage, the team members should review the project increment before releasing it (i.e. either to the client or to the next sprint session). During a sprint review, all of the stakeholders (i.e. the people affected by or involved in the project) should check what was accomplished in the current sprint. These stakeholders will give their suggestions as to what must be accomplished in the next sprint session. They will base these suggestions on two factors:

- Their findings from the Sprint review
- The changes that were made to the project backlog during the current sprint

The goal of this stage is to get feedback from the stakeholders and ensure consistent progress.

In general, the duration of a sprint review depends on the sprint's time-box. Sprint reviews for 2-week sprints last for two hours. Month-long sprints, on the other hand, require 4-hour reviews; thus, each week spent on a sprint requires one hour of review.

During a Sprint Review, the ScrumMaster should:

- Make sure that the meeting occurs.

- Inform the team members regarding the goal/purpose of the sprint review.
- Help the members to focus on the important topics.
- Make sure that the meeting ends in a timely manner.

The following events occur during a sprint review:

- The product owner invites non-members to attend the review (optional).
- The product owner discusses the project backlog. He/she will inform everyone regarding the backlog items that have been completed. Then, he/she will enumerate the backlog items that were not finished within the sprint.
- The team members discuss the positive aspects of the sprint, the problems they encountered and how they solved those problems.
- The team members demonstrate the work that they have completed. They will also answer questions, if any, regarding the project increment.
- The whole group (i.e. both members and non-members) decides on what should be done in the next sprint; thus, the review stage generates important inputs that are useful for the next sprint session.
- The members of the Scrum team check the aspects (e.g. budget, timeline, marketplace, capabilities, potential, etc.) related to the release of a product increment.

Once the sprint review has been completed, the Scrum team will update the project backlog. These updates define the backlog items that will be used for the subsequent sprint.

## **Sprint Retrospective**

This stage happens before the start of the next sprint's planning stage. The sprint retrospective of 2-week sprints lasts for one hour while that of month-long sprints lasts for three hours.

Basically, a sprint retrospective aims to:

- Utilize the information gathered from the previous sprint session in terms of tools, people, processes and relationships.
- Determine the backlog items that worked well.
- Identify the sprint 's areas of improvement.
- Create a plan for improving the project 's effectiveness and overall quality.

Scrum allows you to review your previous performance; thus, it helps you to improve the effectiveness of your subsequent sprint sessions.



## Chapter 4: Artifacts

In Scrum, “ artifacts ” give important data to the stakeholders and team members; thus, artifacts allow you to understand the current project, the tasks that has been completed and the processes involved in the project. The Scrum framework involves the following artifacts:

- Project backlog
- Sprint backlog
- Increment
- Burn-Down chart

The list given above shows the mandatory artifacts of the Scrum framework. In some situations, Scrum teams require other types of artifacts.

Let ’ s discuss the four mandatory artifacts in detail:

### **The Project Backlog**

Basically, this artifact is a set of features/characteristics that the Scrum team must add to the product. It provides the team with information that they can use to improve the project increment.

The project backlog specifies the functions, features, repairs, enhancements and requirements that the project requires. The items within this backlog have the following attributes:

- Value
- Order
- Description
- Estimate

Scrum practitioners use the term “ user story ” when referring to any of the attributes given above. In general, the product owner must take care of all aspects (e.g. content, ordering, availability, etc.) related to the project backlog.

This artifact evolves as the project progresses. The initial version may hold only the most basic requirements. As the Scrum team gets more information about the project, the project backlog will be developed further. The product owner must update this artifact regularly to retain its effectiveness. Basically, the project backlog will exist as long as the product related to it exists.

As the team works on the product, the project backlog turns into a bigger and more detailed list. Moreover, the changes in technology, market conditions, or business needs may affect the project backlog. This is the reason why many people consider this backlog as a “ live ” output.

The refinement of the project backlog involves the addition of details, approximations and priority orders to the items within the artifact. It is a continuous process that the product owner performs. The entire team decides on when and how the refinement is done.

**Important Note:** The product owner may update the project backlog anytime, depending on his/her situation.

Often, high-priority backlog items are clearer and more defined than lower-priority ones. Clear and precise details allow team members to make correct estimates.

This artifact allows team members to refine requirements so they can use it for the upcoming sprint. The backlog items that the Scrum team can develop are considered to be ready for usage in the next sprint ’ s planning stage.



## **The Sprint Backlog**

This artifact is the combination of project backlog items chosen for the sprint, and a strategy to create the increment and attain the sprint ' s goal.

This kind of backlog specifies the functionalities that can be added to the next project increment. It also defines the tasks and activities needed to add those functionalities to the product.

As new tasks are required, the members of the team update the sprint backlog. The team members will also update the remaining tasks on a regular basis. Obviously, it ' s important to inform the whole team whenever a task gets added or completed. The team should also remove unnecessary items from this backlog.

Keep in mind that only members of the team can modify the sprint backlog. Additionally, this artifact must be visible and accessible to all of the team members.

## **Increment**

The term “ increment ” refers to the project backlog items that the team has completed. When concluding a sprint, the increment should be a usable product. The product should be usable, even if the product owner doesn ' t want to release it yet.

The entire team should agree on what will be considered as increments. This differs significantly for each Scrum team. However, each member must understand clearly what “ increment ” means for the team. This allows members to determine the progress or completion of the project.

The knowledge about increments also allows members to identify the backlog items that must be selected. The objective of every sprint session is to create increments of usable products.

In general, each Scrum team should complete a product increment within a sprint. Since

increments are usable products, the product owner may release it to the market as is.

Some Scrum teams consider increment knowledge as a requirement. That means increment knowledge is involved in the organization's standards, guidelines or conventions. If increment knowledge is not mandatory, the ScrumMaster must define the increments appropriate for the project.

### **The Burn-Down Chart**

During a sprint session, the team members may sum up the remaining tasks inside the project backlog. The Scrum team measures the remaining tasks during each daily meeting. This approach allows teams to determine their chances of achieving their goal/s and manage their progress.

The Burn-Down chart is a technique for tracking the activities completed by the team. Agile practitioners have used this technique in measuring and managing their team's progress.

Product owners track the remaining tasks during each sprint review. Then, he/she compares these tasks with those from previous sprints. This approach helps product owners to assess the team's progress toward completing the assigned tasks.

Important Note: The product owner must share this artifact with each stakeholder.

### **Conclusion**

Scrum involves different outputs that are known as artifacts. You must generate and use these artifacts while implementing the Scrum framework. By doing so, you can increase your chances of meeting your project goals.



## Chapter 5: The User Stories

In the “ software development ” industry, product features serve important roles. These features attract consumers and encourage them to purchase or use the completed product. In general terminology, product features are called “ requirements. ” The success of a software generation project depends on knowing the users ’ needs precisely and incorporating them into the finished product. That means that the team members should know the requirements or product features that they need to work on before starting any project.

Kent Beck, an American software engineer, coined the term “ User Stories ” back in 1999. A user story, which is narrated from the user ’ s point of view, informs software developers regarding the needs of the end-user instead of what the product can do for him/her. The development perspective changed from being “ product-focused ” to “ user-focused. ” Because of their effectiveness, user stories became standard requirements for teams that use any “ Agile ” framework.

When it comes to the Scrum framework, project backlogs serve as a collection of user stories. The ScrumMaster must identify, prioritize and discuss these user stories during the sprint planning stage.

In most cases, Scrum teams base their estimations and goals on the user stories of the project.

### **The Structure of a User Story**

User Stories follow this format:

As a <kind of user>,

I need to <complete a task>,

So I can <attain a goal/enjoy a benefit/receive something.>

Let ' s analyze how user stories are formed. Here, let ' s assume that a bank client wants to withdraw money from an ATM.

User Story – Client ' s ATM Withdrawal

As a **Client**, I need to **withdraw money from an ATM**, so I can **get the cash I need without going inside the bank**.

## The Acceptance Criteria

User stories involve acceptance criteria (i.e. tests that gauge the effectiveness of a user story). The acceptance criteria helps Scrum teams in analyzing the effects of the user story/stories on the current project.

Here ' s a simple acceptance criteria for the user story given above:

### First Acceptance Criterion:

Given Information:

- The client is creditworthy.
- The debit/credit card is acceptable.
- The machine has enough cash.

Situation:

- The client needs the money.

Then:

- Make sure that the proper account is charged.
- Make sure that the machine dispenses the right amount.
- Make sure that the machine returns the client ' s debit/credit card.

### Second Acceptance Criterion:

Given Information:

- The client ' s account doesn ' t have enough funds.
- The client ' s card is acceptable.

Situation:

- The client needs the money

Then:

- Display a rejection message on the screen.

- Make sure that machine doesn't dispense any money.
- Make sure that the machine returns the card.

## **How to Write a User Story**

Since the project backlog holds the user stories, the product owner is responsible for managing the project's user stories. However, the product owner isn't the only person who can write a user story. Basically, any team member can accomplish this task. That means the ScrumMaster may spread this responsibility across the entire team.

## **The Non-Functional Requirements in a User Story**

Scrum teams may incorporate non-functional requirements into a user story. In the example given above, the non-functional requirement is the ATM's 24/7 availability.

## **How to Manage a User Story**

You should use the project backlog in order to manage a user story. Often, Scrum teams arrange user stories based on their importance. The most important stories are improved to the fullest, while non-important ones are worked on minimally. For each sprint, the product owner records the most important (and the most detailed) user stories in the sprint backlog. When adding a user story to any backlog, the product owner checks its priority: he/she will place the user story in the project backlog according to its priority.

Important Note: Team members can remove or reprioritize user stories, depending on their situation.

## **The Benefits Offered by User Stories**

- User stories help development groups to focus on the end-users. This is important since ultimately, the end-users will buy and use the product once it is released in the market. Thus, user stories help Scrum teams to connect with their end-users.
- The structure of user stories helps Scrum teams to determine the

goals/values/benefits that the end-users want to achieve.

- The acceptance criteria, which is an important aspect of any user story, can help Scrum teams in analyzing their projects objectively.
- The members of a Scrum team may modify user stories while working on a project. For instance, they may split a user story into smaller ones if its scope grows too large. The team members may also change the acceptance criteria used for the project.
- Since the Scrum team delivers the product increment to the client each time a sprint ends. They may acquire feedback and suggestions that can be used in the subsequent sprints.

## **Conclusion**

User stories bring you closer to the end-users of your projects; thus, these stories can help you generate usable products and prevent undesirable results.





# Chapter 6: Estimation

The Scrum team should make their estimations during the planning stage. The purpose of these estimations is to analyze the user stories based on priority and the team ' s capability. The product owner makes sure that the top-priority user stories are understandable, can be used for estimations, and are included in the project backlog.

Since the whole team is responsible for completing and delivering the project increment, extreme care should be taken when choosing user stories. The members of the team need to base their decisions on the increment ' s target size and the overall effort needed in the project.

Important Note: The increment ' s size is measured through story points. After determining the increment size, the team should estimate the effort needed using the data from previous sprints.

## The Techniques Used in Estimation

When making estimates, focus on each user story ' s degree of complexity/difficulty. Here are the scales that you can use in assessing the difficulty or complexity of user stories:

- The Numeric Sizing – This is a scale that ranges from 1 to 10.
- Shirt Sizes – (S, XS, M, L, XL, etc.)
- The Fibonacci Sequence – In this scale, you will add a number to the one that precedes it. The sum will be used as the next number.

## The Poker Estimation Approach

In this approach, you will derive estimates by playing a poker-like card game. The whole team can help in implementing this approach. With Poker Estimation, you can generate reliable estimates without spending too much time or effort.

This approach requires multiple decks of playing cards. Using the numbers printed on the cards, follow the Fibonacci sequence. The cards' numbers represent story points (i.e. the value used in measuring user stories).

Each member should have a deck of cards. You have to assign a moderator – this person will read the descriptions/explanations for the User Story. The product owner will answer any question brought up during the session.

The team members (also called “estimators”) should express their estimate by selecting a card privately. The estimators should keep their card hidden until all of them have chosen a card. Once everyone has selected a card, they should reveal their estimates simultaneously.

It's possible that the estimations will vary significantly during the initial round. Each estimator should explain their estimates. Make sure that no personal questions are asked – the team members should focus on explaining their opinions/decisions.

While the users explain their opinions, the moderator should take notes. These notes can help the team in developing the user stories. Once a round is completed, each member should make another estimate. They will hide their card/s until all of them have made a selection. Then, they will reveal their cards at the same time.

Repeat this procedure until you get a single estimation. Keep in mind that the rounds required for estimation may vary, depending on the user stories you are working on.

### **The Methods Used in the Poker Estimation Approach**

- **Analogy** – This method requires you to compare user stories. Basically, you should compare the current user story with the ones you have implemented. Since this method is based on actual data, it generates accurate results.

- Disaggregation – In this estimation method, you ’ ll split a user story into smaller ones. The user stories used in sprints normally last for three to six days; thus, if you encounter a User Story that lasts for seven days or more, you have to divide it into smaller, more manageable portions. As a bonus, this method helps you to make sure that you have comparable user methods.
- Expert Opinion – This method requires the feedback/suggestions of an industry expert. Since each team member is closely involved in the Scrum project, they have sufficient knowledge and experience regarding the subject matter; thus, they can be considered as “ experts. ”
- Here, the experts will base their opinions/estimates on their experience and knowledge, not on their intuition.

## **Conclusion**

The poker approach is a fun and productive method that you can use to generate Scrum estimates. Since it allows people to share and discuss their opinions, the team will gain more information regarding the current user story.



## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you master the basics of Scrum in just two weeks.

The next step is to use this development framework in completing your computer programs.

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# **10-DAY GREEN SMOOTHIE CLEANSE**



# ***Proven Recipes To Lose Up To 15 Pounds***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “ **10-DAY GREEN SMOOTHIE CLEANSE: Proven Recipes To Lose Up To 15 Pounds** ” .

This book contains proven steps and strategies on how to shed the extra pounds and live a healthier, happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, going on a smoothie cleanse is one of the most effective ways to get started on a healthier lifestyle.

While your body ’ s natural capacity to burn stored fat can slow down with age, that doesn ’ t mean that you should give up on your fitness goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, mental, and physical well-being and reading this book is the first step to living the life you ’ ve always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by going on a smoothie cleanse. This isn ’ t meant to be a fad diet to help you lose weight fast, but it should encourage you to use smoothie detox to make healthier lifestyle choices, and reset your lifestyle in the process.

### **Who is this Book For?**

- For people who are sick and tired of going on crash diets that just don ’ t work.
- For people who want to use their energy to build strength.
- For people who want to make healthier food choices and get back to a normal eating routine.
- ... .and many more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favorite diets at the bottom:

**Learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet.**

***Go to the bottom for more info, and receive your free report and bonus content!***

## **Chapter 1: Getting To Know The 10-Day Green Smoothie Cleanse Program**

A new way of losing weight and becoming healthier is on the rise. Introducing, the 10-day green smoothie cleanse. This dietary program is designed to do the following:

- Reprogram the taste buds.
- Stimulate fat loss through increased metabolism.
- Remove cravings for sweets, processed and other unhealthy food.
- Save money and time.
- Have extra energy for exercise and other strenuous activities.
- Free the body of toxins and other impurities.
- Effectively reduce weight by as much as 15 pounds and trim the waist of unwanted fats.

All these are possible by simply undergoing cleansing or detoxifying using green smoothies for 10 days.

### ***Green is in!***

When it comes to being healthy, green is the in thing. Nowadays, people are becoming more and more health conscious. However, many are confused which health guide to follow. If one would just base it on the available information on the Internet, he could end up lost and confused instead of enlightened.

For example, one would see an article promoting the benefits of coffee, while in another article there would be the danger of consuming coffee. One article would highlight the need to limit carbohydrate intake while another one would promote a high-carbohydrate diet.

With green things, this is not a problem. Anything green (be it a drink, a fruit, a nut, or a vegetable) is always in the category of being healthy. Various researches and studies have also proven how green (food or drink) can be the best tool to shed off the unwanted pounds. They are low in calories plus most of them are rich sources of fat releasing nutrients. These nutrients work by shifting the fat-storage mode of the body to fat-melting mode.

Here are some examples of healthy green items:

***Green, leafy vegetables***

1. Kale
2. Spinach
3. Dandelion
4. Romaine lettuce
5. Cucumber
6. Arugula
7. Bok choy
8. Beet greens
9. Carrot top leaves
10. Collard greens
11. Radish tops
12. Mustard greens
13. Turnip greens
14. Watercress
15. Spring greens
16. Lettuce
17. Dandelion greens

***Green fruits***

1. Avocado
2. Green apples
3. Green grapes
4. Kiwi
5. Green mango
6. Sweetsops or sugar apples
7. Custard apple
8. Bananas
9. Limes
10. Guavas
11. Pears

#### ***Green drinks***

1. Green tea
2. Green juice
3. Green smoothie

#### ***Green nuts***

1. Pistachio
2. Pumpkin seed nuts

#### ***Other “greens”***

1. Seaweeds
2. Herbs
3. Green olives

Losing weight need not be expensive, boring or difficult. With the 10-day green smoothie cleanse program, shedding off those unwanted fats and pounds is fun and easy. Go green! Go healthy!

## Chapter 2: A Fun And Healthy Way Of Losing Weight

The 10-day green smoothie cleanse is indeed a fun and easy way of losing weight and becoming healthy. Unlike other weight reduction programs, this cleansing has greater likelihood of being completed (hence, the benefits would also be complete) because of the following reasons:

- It is not time consuming. Time is the number one enemy of many people. They simply do not have extra time to do things even though it concerns their health. With green smoothie cleanse, all it takes is about 5-10 minutes to do the drink for the whole day. Yes, it ' s that easy. Here are the 3 basic steps in making smoothies.
  - Always start with the liquid ingredient. It could be water, coconut milk, freshly squeezed fruit juices, herbal teas or almond milk. This will prevent the blender blades to be stuck with solid ingredients. Therefore, blending the ingredients would be easier and faster.
  - Add the base. These are ingredients that would make the smoothies really creamy. Examples are plain yogurt, fruits (like bananas, mangoes, pears, and apples), nut butters, and chia seed gel.
  - Add the fruits, vegetables and optional add-ons. The add-ons include any of the following:
    - Sweeteners
    - Salt
    - Spices
    - Protein powder
    - Other super foods (cacao, flax seeds, bee pollen, hemp seeds, aloe vera, maca and other coconut products)
- It is delicious. Many dietary programs fail because the dieter cannot tolerate the



taste of the meals. This is not the case with green smoothie cleansing program. One can actually manipulate the ingredients to suit his taste. However, caution is given on adding too much sugar (whether with the sweetener or the fruits) or else, the purpose of reprogramming the taste buds will be defeated.

Initially, the ratio of 70% fruits and 30% vegetables is allowed on the first 3 days. The sweetness of the fruits would dominate the taste. Afterwards however, the ratio should be reversed. Do not worry though. The taste buds would have adjusted by that time. The person would eventually lose its cravings for sweets.

- There is no deprivation. The smoothies plus the snacks are taken the whole day. There would be no hunger pangs that would compel the dieter to turn to refined carbohydrates and sweets once again. The smoothies, although they are small in amount, are heavy on the stomach. Therefore, the person feels full even when the portion is lesser than his usual intake. The feeling of satiety lasts longer than usual, too. Hence, it takes several hours for the person to feel hungry again. This reduces the total food intake of the dieter, leading to weight loss.
- There is extra energy. These nutrient-laden smoothies provide the individual with extra energy, which he can use for exercise and other heavy workouts, which in turn, makes him lose weight faster. How is this? The calories of these green smoothies are complete sans the empty calories, which happen to be the culprit for weight gain. However, for those with greater energy needs, meat or powder protein can be added to the smoothie.
- It is affordable. For this program, there is no expensive machinery needed (well, except for the blender, of course but this does not count because it is not really expensive). The fruits and vegetables can be bought in any local grocery stores. Those who prefer organic ingredients can even start their own indoor garden. This will further save money for the dieter.

With this program, a saving of hundreds and even thousands of dollars is possible. One green smoothie per day would cost less than \$10. In 10 days, the total expense is less than a hundred dollars. No other weight loss program can boast of the same big savings one can enjoy from this program.

- It enhances the mood of the person. Most of the ingredients of the green smoothies promote the release of the “feel-good” brain chemicals. Examples of these are the endorphins, serotonin and dopamine. They also act as analgesics, relieving the person from any physical pain that is present. The person feels good about himself thus he performs better at work or in school and he relates better with other people.
- It protects the person from numerous diseases. A body full of toxins would not be able to function according to its design. The organs will have difficulty performing their tasks too, resulting to a weak body that is vulnerable to diseases. The ingredients of green smoothies are loaded with vitamins, minerals and electrolytes, all which are helpful to protect and strengthen the immune system. Hence, the person is able to fight off viruses and bacteria.
- It makes the person look younger. Removal of impurities in the body can do great wonders for the skin. One can expect a glowing, beautiful skin in just a week. In addition the hair becomes shinier and smoother, adding to the youthful glow. All these effects would lead to a younger-looking individual.

Imagine the physical, psychological, emotional and even financial benefits of the 10-day green smoothie cleanse program. Indeed, there is everything to be gained and absolutely nothing to lose.

## Chapter 3: How To Do The 10-Day Cleansing

The 10-day green smoothie cleanse is as easy as 1-2-3. However, before starting the cleansing program, here are prerequisites to do:

- The person should inform his primary health care provider of his intention to do the detoxification. This way, one is assured that no current or future medical interventions would be affected with the program. It is also safe to conduct a routine checkup before the detoxification so that baseline information will be available if needed.
- The person must know everything he can about this cleansing program. He cannot rely on hearsays alone. Just because this program worked for a friend does not mean that it would automatically work for him, too. He might have a medical condition that would not allow him to undergo such program.
- Only raw ingredients are to be used. Organic ingredients are preferred. There should also be rotation of the greens used to avoid accumulation of alkaloids.

Below is the step-by-step procedure on how to go about the 10-day green smoothie cleansing.

1. Choose which of the two types of cleansing program to use.
  1. Full Cleanse – the person is instructed to take a total of 60 ounces of smoothies per day, divided into three meals. This means that all meals would be made of green smoothies only for 10 days.
  2. Modified full cleanse – for those people who cannot tolerate the full cleanse program, there is the option to take only 2 green smoothies and one light meal (preferably during dinner time) per day for 10 days. The weight reduction may not be as dramatic as the full cleanse but one can still expect to lose from 5-10 pounds with modified full cleanse.

Take note that the dieter can switch from one type to the other according to his preference and ability.

2. Start gradual transition from regular diet to the 10-day green smoothie cleanse. How? On the first day of the program, the dieter can have one green smoothie only, preferably in the morning. Lunch and dinner should be light meals only. On the second day, he can have green smoothies during breakfast and lunch and a light meal at dinnertime. On the third day, he can start the full cleanse program as instructed above.
  
3. After completing the 10-day detoxification, the dieter has to observe gradual resumption of eating solid food. How? Once cannot just eat heavy, solid meals on the 11<sup>th</sup> day. That might make him nauseous and bloated. Instead, he should replace one green smoothie meal with a light meal. On the 12<sup>th</sup> day, he can proceed with the replacement of 2 smoothie meals with two light meals. On the 13<sup>th</sup> day, he can have 3 solid but light meals. On the 14<sup>th</sup> day, he can now go back to his previous meal.

Here are other important things to remember during and after the cleansing program.

- He must drink more than 8 glasses of water throughout the day. Herbal teas are encouraged, too.
- If he feels hungry in between meals, he may take the following as snacks:
  - Apples
  - Celery
  - Cucumber
  - Carrots
  - High protein foods like boiled egg, unsweetened peanut butter and a handful of raw or unsalted nuts.

- The maximum cleansing time is 14 days. The ideal is 10 days. The dieter should not go beyond the allotted number of days. Being on a puree for a long time has several medical disadvantages too. If there is a need to do cleansing again, he can repeat this process after a month or 2 of regular diet.

The steps are simple and easy! Plus, this cleansing program is effective in achieving the dieter ' s ideal body weight in just a couple of weeks.

## **Chapter 4: 10 Proven Green Smoothie Recipes To Help One Lose Weight**

The following green smoothie recipes are delicious, affordable, easy to make and most of all, effective in making one slimmer and healthier in 10 days.

### ***Recipe # 1 - Avocado Power Smoothie***

Ingredients:

- ½ medium-sized avocado
- 1 cup water
- ½ cup frozen or fresh blueberries
- ½ tablespoon coconut oil
- ½ tablespoon honey (optional). You can also replace this with maple syrup or stevia. Others use ½ bananas to sweeten the taste.
- 1 tablespoon chia seeds (or chia seed gel can also be used)
- ¼ teaspoon cinnamon

Blend the liquid first (water, coconut oil), followed by the base (banana, honey, chia seeds or gel, cinnamon). When there is creaminess already, add the fruits and remaining ingredients. Serve immediately. Place the excess smoothie in the refrigerator to maintain its freshness for the whole day.

### ***Recipe # 2 - Triple Green Smoothie***

This recipe uses three green things – spinach, green tea and avocado. How powerful can this get, right? Ingredients include:

- ½ medium avocado
- 1 cup green tea
- 1 cup spinach
- 1 cup ripe mango chunks

- ½ tablespoon coconut oil
- a little honey or maple syrup (depending on the preference of sweetness. Sometimes the mango is enough to make the smoothie taste sweet).
- a dash of sea salt

Again, mix and blend all the ingredients and serve cold. If the consistency is too thick, just add a little water. The mango chunks, if not available, can be replaced with grapes. The triple green smoothie is thrice yummy and thrice powerful.

### ***Recipe # 3 – Spinach-Pomegranate-Strawberry Green Smoothie***

There will be two layers of this smoothie. The bottom layer is color pink while the upper layer is green. It looks attractive and tastes great.

For the bottom layer, here are the ingredients:

- 1 frozen small banana
- 1 cup strawberries
- ½ cup coconut water

Blend the ingredients together and pour in a tall glass.

For the upper layer, the ingredients include:

- 1 cup spinach
- 1 cup small banana
- ¼ cup pomegranate
- ¼ cup coconut water

After turning these ingredients into a smoothie, immediately pour it on top of the bottom layer. Chill and serve while cold. This is an antioxidant-rich powerhouse drink, perfect for those who are doing heavy workouts.

### ***Recipe # 4 - Kale Green Smoothie Surprise***

The ingredients include:

- 1 cups kale
- ½ cup coconut milk
- 1 ½ cups pineapple
- 1 ripe small banana



In place of the banana, an apple can be used. It will yield the same health benefits. At the same time, the taste will also be delightful.

### ***Recipe # 5 – Fat-Burning Green Tea Smoothie***

Ingredients are:

- ¾ cup green tea
- 2-3 tablespoons of lemon juice
- 2 teaspoons of agave nectar
- 1/8 teaspoon of cayenne pepper
- 1 small pear with the skin on
- 2 tablespoons of plain yogurt
- 6-8 ice cubes

Expect to lose weight faster with this smoothie. Green tea, the main ingredient, is known to boost metabolism hence increasing its fat-burning abilities.

### ***Recipe # 6 – Spinach Mango Combo Green Smoothie***

Combine the following ingredients in a blender:

- 2 cup spinach leaves or baby spinach
- 1 cup fresh mango cubes
- 1 small banana
- ¾ cup coconut milk
- ½ cup orange juice

Optional ingredients include:

- 1 tablespoon coconut butter for protein and more delicious flavor
- 1 tablespoon flax seed – grounded for protein and omega 3 sources

A refreshing smoothie guaranteed to be enjoyable and at the same time, effective in shedding off the excess pounds.

### ***Recipe # 7 – Healthy and Yummy Green Smoothie Surprise***

Ingredients:

- 1 cup milk – fat free
- ½ cup fat free yogurt
- 1 small banana
- 2 cups fresh spinach
- 1 tablespoon peanut butter
- ice cubes

This smoothie is best for people who need to consume spinach but hate the taste of it. The peanut butter would actually help remove the distinct taste of spinach. One can now enjoy his greens and be healthier in the process.

### ***Recipe # 8 - Collard Greens Smoothie Delight***

Ingredients include:

- 2 cups collard greens
- 2 tablespoons freshly squeezed lime juice
- 1 cup green grapes
- ½ cup mango

Do not over blend the ingredients. In case collard greens are not available, spinach can be used. Add more water to make it less thick. Chill and serve cool.

### ***Recipe # 9 – Protein Power Green Smoothie***

Ingredients include:

- ¼ cup frozen mango
- ½ cup red grapefruit juice
- 1 large apple (cored and chopped)
- 1 cup Kale
- 1 cup cucumber
- ½ cup celery
- 3 tablespoons hemp hearts
- 1/8 cup mint leaves (fresh)

Optional ingredients:

- ice cubes
- ½ tablespoon virgin coconut oil

Blend all ingredients until smooth. If the mixture is too thick, add a little bit of water. Pour into a glass and enjoy. This is a great smoothie drink after a strenuous exercise.

### ***Recipe # 10 Tropical Wonder Green Smoothie***

This is a smoothie that can make one feel like he is on vacation in a tropical island. He loses pounds in the process too.

The ingredients are:

- 2 cups spinach
- 1 cup frozen mango
- 1 cup frozen pineapple
- 1 ripe banana
- 1 cup milk
- 1 teaspoon of vanilla extract

- sweetener according to taste
- 1 cup of a favorite berry (strawberry, raspberry, blueberry). This is optional.

Blend. Pour in a tall glass. Add an umbrella décor. Sit or lie down and let the magic begin.

If these 10 recipes do not fit the taste buds of the dieter, do not lose heart. The next chapter is designed to help the specific dieter find what he is looking for in terms of results and flavors. Read on!

## Chapter 5: DIY Green Smoothie Recipes

Different people have different needs and preferences. The same is true when it comes to making green smoothies. The best thing about this 10-day cleansing program is that one can adjust the ingredients of the smoothies to suit his needs and taste. How? Do-it-yourself green smoothie is the answer.

How to do this? First, the dieter must assess the following:

- His physical needs. Does he do heavy workouts or not? Is he working or studying? Does he need more energy than the usual?
- His target. How much pounds would he like to shed?
- His taste preference. Does he like sweet or salty flavors? Or maybe, he prefers spicy meals?
- His budget. How much is allotted for this program?

Using these 4 factors, he can now proceed in planning his green smoothies. Here is the basic recipe. The ingredients include:

- 2 cups of vegetables
- 2 cups of liquid base (can be water, coconut milk, almond milk or coconut water)
- 3 cups of fruits
- add-ons

Mix and blend, following the steps in making smoothies. The ingredients can be anything. All a dieter needs to do is to experiment until he finds what is suitable for him. For the creative dieter, he could try hundreds (and even thousands) of combinations of fruits, vegetables, liquid base, and add-ons. There is no limit on what he can do with just these 4 basic ingredients.

### ***Taste Test***

The dominant taste of the smoothie will depend on the fruits and add-ons. If the dieter wants something sweeter, then he should use mangoes, grapes, bananas, dates, mangosteen, papaya, and persimmon. For the add-ons, he can put in stevia, maple syrup or honey.

If the dieter likes the sour flavor, he can choose from cranberry, grapefruit, lemon, lime, oranges, pomegranate, and tomato.

### ***More energy, more fun!***

Add-ons play a big role in providing the calories, protein and other nutrients needed by the dieter. For instance, if he would do a heavy workout for that day, he might want to add protein powder or high in protein fruits such as avocado and bananas. He can also blend lean meat, chicken meat, fish, soya, tofu, and other high protein foods. They can provide the extra energy required for the strenuous activities ahead.

There are literally thousands of recipes that can be made to make one healthy, lose weight and be more active!

### ***What are the recommended ingredients for the DIY green smoothies?***

Aside from their great fat-burning abilities, these ingredients are loaded with other health benefits. One 's DIY smoothie should have at least one or two of these ingredients.

1. Avocado – it has long been recognized as a super food for its high content of the following:

- Healthy fats – good for the heart
- Vitamin E
- Vitamin K

- Folate
- Vitamin B6
- Vitamin B5
- Potassium
- Plus, a little amount of Magnesium, Zinc, Copper, Manganese, Iron and Vitamins B1, B2 and B3.
- 

As if these are not enough, avocados are rich in fiber, too. They are loaded with antioxidant nutrients such as lutein and zeaxanthin, which are both important for eye health. They are believed to reduce incidences of cataracts and macular degeneration of the eyes.

2. Green tea. It is named as the healthiest drink on Earth. It is loaded with vitamins, minerals, antioxidants, and countless nutrients. Here are 10 benefits of green tea.

1. It is rich with polyphenols. These are substances that protect the cells and molecules from damage by reducing the formation of free radicals in the body.
2. It contains the antioxidant Epigallocatechin Gallate. This substance is the reason for the powerful medicinal property of green tea. It is known to have the ability to treat various diseases.
3. It has the right amount of caffeine that gives alertness to the person sans the “ jitteriness ” that comes with too much caffeine.
4. It has antianxiety effect. The L-theanine of green tea increases the Gamma Amino Butyric Acid or GABA ’ s activity, thereby producing a calming effect.
5. It improves physical performance by as much as 37% due to the mobilization of fatty acids from fat tissues.
6. It reduces the risk of the person for breast, colorectal and prostate cancers.
7. It can lower the risk of developing Alzheimer ’ s disease and dementia to the elderly.

8. With green tea, there is 42% less chance of acquiring diabetes mellitus due to its ability to improve insulin sensitivity and decrease blood sugar levels.
9. Cardiovascular diseases can also be prevented due to better circulation of the system.

2. Spinach. This is Popeye ' s secret in defeating Brutus in every battle. That ' s not surprising as it contains so many nutrients that can fight off major diseases such as cancers, asthma, diabetes, hypertension, bone disorders, to name just a few. Plus, it is low in calories.

4. Pomegranate. The health benefits of pomegranate are numerous, too. The fruit is rich in fiber, protein, vitamins C and K, Folate, and potassium. Its unique substances called punicalagins and punicic acid have medicinal properties. They can reduce inflammation, thereby protecting the individual from more than 100 inflammatory diseases.

5. Strawberries. The health benefits of this super food include:

1. It has an anti-cancer property.
2. It can strengthen the immune system.
3. It promotes eye health.
4. It prevents cardiovascular diseases.
5. It has an anti-aging property.

6. Kale. It is considered as one of the healthiest food on this planet. It is rich in vitamins A, C, K, and B6. It abounds with Magnesium, Manganese, Copper, Calcium and Potassium. It can fight off cancer because of its antioxidant substances such as quercetin and kaempferol. It helps lowers cholesterol thereby reducing cardiovascular disorders from taking place. Kale is king when it comes to being healthy.

7. Banana. This fruit causes endorphins to be released, making the person happier. Plus, it is rich in serotonin, which is another mood enhancer. The person feels light and positive.



As a complex carbohydrate, it provides energy appropriate for those doing heavy workouts. Leg cramps are prevented during workouts because of its rich potassium content.

8. Mango. It is rich in vitamins and minerals. It is good for the gastrointestinal system as it is loaded with pre-biotic dietary fiber. It has popyphenolic antioxidant compounds, making it effective in fighting off breast, colon, prostate and blood cancers.

9. Yogurt. With this ingredient, bone diseases such as osteoporosis can be prevented because of its high calcium content. Recent studies have also linked yogurt to reduction of blood pressure. In addition, it was discovered to be effective in making the gastrointestinal system healthier.

10. Collard greens. When it comes to lowering cholesterol, nothing beats collard greens. Therefore, one can be assured of a healthy heart. Not known to many, collard greens are great in fighting various cancers, too. They have 4 specific glucosinolates, namely: sinigrin, gluconasturtian, glucoraphanin and glucotropaeolin. These substances reduce inflammation that may lead to cancerous formation.

With these nutrient-loaded, fat-burning ingredients, one is assured of good health, lesser body fats, lower weight, with a good mood to boot.

## Chapter 6: Helpful Tips For Your Green Smoothies

The simple procedure of making green smoothies can still be made better. Here are some helpful tips in making greater smoothies:

- Instead of ice cubes, freeze the fruits or vegetables. They are easier to blend plus the smoothie will taste better.
- Leftover smoothies should be kept in the refrigerator at all times. However, if it would not be consumed in the same day, it would be better to freeze it. That can be converted into ice cubes or frozen desserts some other day.
- Kids and adults alike will enjoy popsicles made out of leftover smoothies also. Just place them in paper cups then place a stick in the middle or buy the ready-made popsicle container.
- Use the fruits or vegetables in season. This would save a lot of dollars for the dieter.
- Do not forget to change up the ingredients often especially the vegetables. Aside from removing the tendency to be bored with smoothies, it will prevent alkaloids from accumulating.
- Spice it up! Add excitement to the green smoothies by adding spices such as cayenne pepper, cinnamon, ginger, nutmeg, and other herbs and spices.
- Use coconut water as ice cubes. Not only would it improve the flavor but it would add nutrients to the already loaded smoothies. Coconuts are known for their potassium, magnesium and other electrolyte contents.
- Add nourishing whole grains. They can provide more energy plus they have numerous nutrients, too.
- Leftover smoothies can be added to baked goods. It would make one's brownies more interesting and flavorful. Do not be afraid to experiment. Test it on a small portion first. If the experiment is successful, make a smoothie for the whole baked goods.
- Use organic fruits and vegetables as much as possible.
- Do not over blend the fruits. Some people prepare bits and pieces of the fruits

in their smoothies.

- Although liquid is the first item to pour, do not pour everything at once. In the middle of the procedure, add the remaining fluid. This makes blending less messy.
- Mix and match. Try all possible combinations that you can think of. There is no limit to this. Be creative.
- Presentations count too. Before serving the smoothie, adding a small fruit on the side of the glass or a little décor could make a big difference.
- Have fun! Enjoy every moment. After all, this pertains to one 's health. Share the fun with others. Invite friends and loved ones to have a taste of your new recipe or invention.

Making green smoothie is fun and easy!

## **Chapter 7: Green Smoothies + Healthy Lifestyle Happy & Long Life**

Green smoothie cleanse is proven effective to help a person lose up to 15 pounds in 10 days. However, they are not magic formulas or genies that can make one slim forever and ever. To maintain the ideal body weight, there is a need to modify one ' s lifestyle.

Unhealthy habits are usually the culprits for the unwanted excess pounds. Therefore, if there would be no actions that one would take to eradicate or reduce these habits, the lost pounds would quickly creep in again. That ' s why the yoyo phenomenon is common among dieters. One month they are slim and the next month, they are gaining weight again. This cycle won ' t stop. Something has to change.

Green smoothies can be the initiator of the permanent weight loss that one desires. However, there are other requirements needed. Take a look at the following:

- Cessation of excess alcoholic beverages consumption. Alcohol contains nothing but empty calories. It has zero nutrients. Plus, there is a tendency to eat unhealthy foods while drinking. That adds to more empty calories. Hence, alcoholics are not only malnourished they tend to be obese, too. On top of these, there is the danger of contacting liver disorders.
- Another one is eating too much sweets and processed foods. This will defeat the purpose of the green smoothies. The smoothies aim to make the person slimmer through reprogramming of the taste buds. However taking in these foods would just cause the cravings for sweet things to return (plus the pounds). Not everybody is aware that for every single drink of a commercially prepared frappe, the equivalent is 2-3 hours of exercise. Is it really worth it? Not to mention, the high sugar content makes one more prone to the dreaded Diabetes disease.
- Not taking enough rest and sleep can lead to obesity, too. In the morning, the person wakes up tired. The tendency is for him to eat more. Then he feels too tired to exercise also. So he would just lie in bed or do nothing. The time of rest and sleep is the time where the cells recuperate from the day ' s stresses. It is

the time they are being recharged and repaired. So if the person misses that time, the cells are worn out and damaged. They would not be able to function as designed. Plus, lack of sleep can weaken the immune system, making the person more prone to diseases.

- Absence of exercise. Lack of adequate physical activity is hazardous to health. Circulation is improved because of exercise. The “ feel-good ” brain chemicals are released when the person is exercising. There is a good exchange of carbon dioxide and oxygen to active people.
- Cessation of smoking. One stick of cigarette carries around 400 toxins to the body. It is the leading cause of preventable diseases and deaths all over the world. All body systems are affected when the person smokes or ingests smoke from the environment. That makes him prone to various diseases, primarily in the respiratory and cardiovascular areas.
- Management of stress. The stress hormone known as cortisol is released when one is faced with challenges and difficulties. When the person knows how to manage the problem, he is also doing the following to his body:
  - Smooth tissue perfusion. There is adequate supply of oxygenated blood to all vital organs and other parts of the body.
  - Relaxed vascular system. The arteries and veins are not constricted, allowing the smooth flow of blood within the walls.
  - Less body pains. Lactic acid is prevented from being formed hence there is less muscle pain to the body.
  - Less muscle tension. When stress is controlled, the muscles become relaxed also.

Green smoothies can help one lose weight but in order to maintain the ideal weight, he must couple it with healthy lifestyle modification. A long and happy life becomes achievable then.

Cheers to green smoothies and health!

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to get a better insight on how you can use the smoothie cleanse to get the body and lifestyle that you 've always wanted. With the right information and mindset, it 's never too late to regain your physical health and improve your quality of life. By understanding fully how a smoothie detox works and how it can improve your life, you 'll be back in shape in no time.

It may not be easy to give up on your old habits altogether, but know that it is possible. As long as you create an action plan that will help you start on the right track, anything is possible.

Make sure to apply what you have learned from this book immediately. You don 't have to make drastic change. You just need to do something to jumpstart the process, and doing a healthy smoothie detox should be enough to help you get that flat tummy you 've always wanted.

Finally, if you enjoyed this book, then I 'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It 'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

I want to reach as many people as possible and more reviews will help me achieve this. Thank you and good luck!

**Also, be sure to like my [Facebook](#) page and join the conversation all about health and my latest books!**

If you liked this book, check out the next book in the series ...

But wait, If you haven ' t already watched the important video on how you can lose weight with this 3 week diet plan, you may want to do so. [\*\*Click Here To Watch.\*\*](#)

# **The Whole Food Diet Challenge**



# ***30 Day Whole Food Cookbook***

***Bonus Info On My Favourite Diet***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “ The Whole Food Diet Challenge: *30 Day Whole Food Cookbook* ” .

This book contains proven steps and strategies on how to feel healthier, increase energy and live a happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape and feeling better, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, changing your diet is a great way to start.

While your body ’ s natural energy level slows down as your age increases, that doesn ’ t mean that you should give up on your health goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you ’ ve always wanted.

Learn what whole foods can be used for and what benefits you ’ ll receive. This book will guide through all there is to know about how to best use this diet and live a healthier life.

### **This Book Will Teach You:**

- Make delicious and nutritious meals completely from scratch
- Feel more energetic thanks to the wide range of nutrients you’ll be consuming
- Enjoy healthy snacks that leave you feeling satisfied
- and so much more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.

## **Chapter 1: The Benefits of a Whole Food Diet**

A whole food diet is one that consists of very little or no processed food. We all know how important it is to eat a healthy balanced diet, but many of us fail to eat the foods that can provide us with the nutrients we need.

### **A tasty way to eat**

Many people assume that a healthy balanced diet is one that consists of eating cardboard-like food, and missing out on the meals you love. This is not the case at all, and you may well be surprised as to how tasty some of the recipes contained in this book are. Eating a whole food diet will only work if you enjoy a wide variety of tasty meals, and this book will guide you along your healthy-eating journey.

### **Extra energy**

When you enjoy a whole food diet, you will have a lot more energy than ever before. The energy will come from the food that you eat, primarily because you'll be eating foods that contain slow-releasing carbohydrates. What's more is you're likely to feel less tired, less stressed and you'll probably lose a bit of weight too.

## **Chapter 2 : Starting the Whole Food Diet**

The whole food diet has proven to be a very tasty one, that will help you to lose weight if you wish, and become a lot healthier. At times, you may start to struggle, but there are some helpful tips below that could make your life a little bit easier.

### **Making mistakes**

We all make mistakes from time to time, and mistakes can even happen when we embark on a new diet. You may accidentally (Or purposefully) eat something that you later regret consuming. If this happens don't panic, just get back to the whole food diet as soon as you can.

### **Find out where you can source your ingredients**

One of the best ways for you to ensure that your whole food diet is as successful as it can be, is for you to know exactly where you can source your ingredients from. If you are lucky enough to have a shop nearby that will sell you fresh fruit and vegetables, as well as other healthy foods, you're onto a winner.

Before you embark on the whole food plan, please work out where and when you're able to buy the food you need. Work out what you can buy online, and what you can buy from your local shops. This will help you to understand how far in advance you need to order specific things, before you run out of them completely.

### **Start the plan with a friend**

While many people try to embark on a new diet alone, those who begin a diet with a friend or family member often have more success. This is because they have someone to compare notes with. It's also likely they will get a lot of motivation and reward for making the journey with someone else too, and that's never a bad thing.

## **Reward yourself**

It is so important that you reward yourself now and again. Don't insist on only ever eating healthy foods. This is not good for you, as your body needs fats and sugars as well as salt. Reward yourself at the end of each week, so you don't feel like you're missing out. Alternatively, give yourself a very small treat every day, but try not to overdo it.

## **Key foods/Ingredients**

### **Whole grains**

Whole grains are an important part of the whole food diet. Whole grains are full of fiber, and a wide range of vitamins and minerals. What's more is they can help to reduce the risk of you developing type 2 diabetes, and they can even help to reduce your cholesterol level.

Whenever you can, buy foods that contain 100% whole grains, and use whole wheat flour when you cook or bake. These foods will help you to feel fuller for longer, especially as they haven't been processed as much as other foods, if at all.

### **Fruits and vegetables**

Fruits and vegetables are jam-packed full of a wide range of nutrients that your body needs. If you give your body all the nutrients it needs to keep working properly, your health will improve. What's more is you're likely to lose weight thanks to the high level of fiber found in fruits and vegetables too.

Buy from your local greengrocer, or the market as the foods will be fresher and cheaper than they are in supermarkets.

### **Dairy Products**

When you're embarking on a whole food diet, please make sure you only enjoy unsweetened, whole, organic dairy products. Also choose pasture-raised products too if they are available.

## **Chapter 3 : Diet Plan (30 Day Guide)**

Chapter 4 contains many different recipes for you to enjoy. The recipes that have been included, are delicious and nutritious recipes that will help to make the whole food diet an interesting one. Some of the recipes will take a while to make, whereas others will only take a few minutes.

You will also see that I have included very easy to make snacks and breakfast items in the diet plan (Such as suggesting you have a yogurt as part of your snack-time). I have deliberately included these because they are simple, but they can also be very beneficial to your health. Quite simply, you don't always have to create a dish from scratch in order to enjoy something tasty. A pot of natural yogurt can be a very healthy snack, even if it is something you already eat.

### **A little advice**

Please take a look at the recipes I have added to this book. There may be some that you like the look of, whereas there may be others that you would like to stay away from. Whatever the case may be, please feel free to amend the recipes as you wish, and cook them as often as you would like.

You may be thinking that I have added 30 breakfast recipes, followed by 30 lunch recipes and so on. In fact I have added fewer recipes because I want to give you the chance to create your own, or simply enjoy the same meal more than once.

The whole food diet that you're about to embark on is a very personal one. The recipes are merely suggestions that I have added to the book, but how you use them, is up to you. One day you may make something very elaborate, the next day you may choose to buy a small bag of chopped fruit from your local store. Whatever you do, and what you decide to eat, make sure it's healthy, and enjoy it.



## **Chapter 4: Whole Food Breakfast Recipes**

Enjoy a delicious and nutritious breakfast every morning. From meals you may need to prepare the night before, to those that take no time at all.

### **Banana and Raspberry Smoothie**

Ingredients: (Serves 2)

1 grated carrot

Three-quarters of a cup of raspberries

1 banana

Half a cup of plain yogurt

Half an orange

A quarter of a cup of oats

Half a cup of milk

Place all of the ingredients into a blender, and whiz until smooth. Pour into glasses and serve.

### **Sweet Potato Waffles**

Ingredients: (Serves 4)

A quarter of a cup of corn starch

1 and a half cups of wheat pastry flour

Half a teaspoon of sea salt

1 cup of sweet potato puree

1 cup of buttermilk

2 tablespoons of brown sugar

A quarter of a teaspoon of nutmeg

2 eggs

4 tablespoons of melted unsalted butter

Spray oil

2 teaspoons of baking powder

Half a cup of diced ham

Preheat your waffle iron and whisk the cornstarch, flour, baking powder, sugar, nutmeg, and salt in a bowl. In a different bowl, whisk the buttermilk, eggs, sweet potato puree, and butter.

Now take the floury mixture and add it to the sweet potato mixture. Stir until the ingredients have blended nicely. Add the ham and stir.

Take the spray oil, and spray the waffle iron, and then spoon approximately a third of a cup of batter into the iron. Cook as per the manufacturers instructions. Serve.

## **Breakfast Muffins**

Ingredients: (Makes 12)

2 slices of whole wheat bread

4 ounces of grated cheddar

8 eggs

Half a pound of bacon

Half a cup of milk

Salt and pepper

Preheat the oven to 350 Fahrenheit, place 12 muffin cases in a muffin tray. and chop the

bread into half an inch sized squares. Place a few squares in the bottom of the each muffin case.

Take a mixing bowl, and whisk the eggs and milk, and then season with the salt and pepper. Now take the egg mixture and divide it between each of the muffin cases. Now sprinkle the cheese on top, and then add the bacon. Bake for approximately 15 minutes, or until the eggs have set. Serve.

### **Toast with Butter**

Ingredients: (Serves 1)

2 slices of whole wheat bread

Unsalted butter

Toast the bread as normal, and then spread your desired amount of butter on top. Enjoy hot or cold.

### **Banana and Trail Mix Cereal**

Ingredients: (Serves 2)

1 banana

A quarter of a cup of whole food trail mix

Half a cup of muesli

1 cup of yogurt

Cut the banana length-ways, and place each half in a bowl. Add half a cup of yogurt to each bowl, and then divide the trail mix and muesli between the bowls. Serve.

### **Tofu and Vegetable Scrambles**

Ingredients: (Serves 3-4)

1 packet of firm tofu

1 tomato, chopped into quarters

2 cups of spinach leaves

3 cloves of garlic

2 quarters of a yellow bell pepper

2 quarters of a red onion

An eighth of a teaspoon of sea salt

Add the pepper, spinach, garlic, onion and spinach to a food processor, and pulse until all of the ingredients are finely chopped..

Add the mixture to a skillet and cook on a medium to high heat, until it simmers. Now add the tofu, sea salt, and stir, making sure to chop large pieces of tofu with your spoon. Cook until there's barely any liquid left, and serve.

## **Chapter 5 : Lunch Time Recipes**

These lunch time recipes can be boxed up and taken to work, or enjoyed at home. Eat any leftovers in the next few days so you enjoy them at their freshest.

### **Bean and Pasta Soup**

Ingredients: (Serves 3)

Half a chopped medium onion

1 clove of minced garlic

An eighth of a cup of vegetable broth

Half a sliced celery stalk

Half a tablespoon of olive oil

Half a can of tomatoes

Half a sliced carrot

Half a cup of macaroni

An eighth of a teaspoon of sea salt

Half a bunch of sliced kale

Three quarters of a cup of borlotti beans

Soak the beans overnight, and then drain the next day. Place the beans in a large pot. Add enough water until the beans are covered by about 2 inches, and boil. Now get rid of any foam that has appeared on the top. Reduce the heat, cover the beans and simmer for approximately 45 minutes, or until the beans are tender.

Add the carrot, garlic, onion and celery to a pan and cook for about 8 minutes, or until they are tender. Drain the beans, and add to the pan, along with the tomatoes, 2 cups of

water, and salt. Bring to the boil, and then add the pasta and cook until tender. Now add the kale and simmer for about 5 minutes. Serve.

## **Bacon and Chicken Cups**

Ingredients: (Serves 3)

A head of romaine lettuce leaves

3 cups of diced chicken

2 tablespoons of milk

6 pieces of chopped cooked bacon

16 ounces of cherry tomatoes

Half a cup of sour cream

A quarter of a cup of green onions

2 tablespoons of chopped dill

Half a teaspoon of salt

Pepper

Place the chicken, tomatoes and bacon in a bowl, combine and set to one side. In another bowl, whisk the cream, onions, milk, salt, pepper and dill. Then pour over the chicken, and combine.

Now spoon the salad into the lettuce leaves. Serve.

## **Tempeh Reuben**

Ingredients: (Serves 2)

2 slices of Swiss cheese

2 cups of vegetable broth  
1 and a half tablespoons of ketchup  
1 tablespoon of Worcestershire sauce  
4 slices of rye bread  
A third of a cup of sauerkraut  
An eighth of a cup of pickle relish  
1 packet of tempeh, quartered  
An eighth of a cup of Greek yogurt  
Spray oil

Add the Worcestershire sauce and broth to a sauce pot and boil, then reduce the heat to medium, and add the tempeh. Simmer until tender or about 20 minutes.

Set the oven to 400 Fahrenheit, and place the tempeh in a baking dish and bake until heated thoroughly, or about 15 minutes. Take the ketchup, relish and yogurt and place in a small bowl and stir.

Now take the mix, and spread onto each side of the bread. Place the tempeh on the bread. Now take the sauerkraut and spread it over the tempeh, and then add the cheese, and the other slices of bread.

Take a skillet and spray it with the oil, and place on a medium heat. Now add the sandwiches to the skillet and add a heavy lid so you can press down on the sandwiches. Cook for about 3 minutes, or until the bread has turned golden brown. Then, turn the sandwiches over, and cook that side. Serve.

## **Chicken Cesar Salad**

Ingredients: (Serves 2)

100 grams of chopped chicken

A quarter of a cup of Cesar dressing

1 chopped lettuce head

1 can of garbanzo beans

Place all the ingredients into a bowl, toss them to combine, and serve.

## **Chicken Burritos**

Ingredients: (Serves 3)

3 large tortillas

Half a diced onion

Three-quarters of a cup of brown rice

Half a cup of corn kernels (Preferably frozen)

1 cup of shredded chicken

1 teaspoon of canola oil

Half a cup of salsa

1 and a half cups of spinach leaves

3 tablespoons of sour cream

Add the oil to a large skillet and place on a medium to high heat. Now add the corn and onion, and cook until the corn turns brown. Add the rice and the chicken to the skillet and cook until they have heated through.

Remove the mixture from the heat, and then stir in the sour cream and the salsa. Open up the tortillas, add the spinach leaves, and place about a third of a cup of the mixture onto the middle of the tortilla in a line. Now fold the top of the tortilla down, and the bottom of it up, and then roll it. Serve.



## **Celery and Chili Salad**

Ingredients: (Serves 3)

4 stalks of celery

1 tablespoon of lemon juice

2 soaked pitted dates

An eighth of a teaspoon of chili flakes

1 tablespoon of lemon zest

An eighth of a cup of lemon juice

A quarter of a cup of chopped parsley

1 tablespoon of tahini

An eighth of a teaspoon of sea salt

Fresh mint to taste

8-10 chopped and toasted almonds

Take the dates and the liquid they have been soaked in, and place in a blender. Now add the tahini and lemon juice, salt and chili. Blend until smooth. Place the blended ingredients into a bowl and add the remainder of the ingredients and serve.

## **Chapter 6 : Dinner Recipes**

The following dinner recipes should leave you feeling satisfied at the end of the day. Enjoy the leftovers for lunch the next day, or again in the evening.

### **Pasta and Vegetable Bake**

Ingredients: (Serves 4)

Half a pound of pasta

1 and a half cups of chopped vegetables

Half a tablespoon of sea salt

Half a can of chopped tomatoes

Half a pumpkin, pureed

A quarter of a teaspoon of black pepper

A pinch of mixed herbs

2 half cups of mozzarella

Add the pasta to a pan of boiling water, and stir. Cook for approximately 8 minutes. Meanwhile, turn the oven on to 350 Fahrenheit. Drain the pasta and place in a heatproof bowl, and add the pumpkin, tomatoes and vegetables and stir. Now add the cheese and bake for about 40 minutes, or until hot. Serve.

### **Tomato and Bean Chili**

Ingredients: (Serves 3)

1 small can of chopped tomatoes

1 tablespoon of olive oil  
1 can of black beans  
Half a can of pinto beans  
Half a chopped bell pepper  
1 chopped stalk of celery  
1 chopped red onion  
2 chopped cloves of garlic  
2 pinches of salt  
half a teaspoon of oregano  
Three-quarters of a teaspoon of smoked paprika  
1 tablespoon of chili powder  
1 tablespoon of cilantro  
1 teaspoon of cumin  
Half a bay leaf  
1 cup of water  
1 teaspoon of lime juice

Place the olive oil in a heavy pot or Dutch oven, and heat, then add the carrot, onion, pepper celery and 1 pinch of salt, and stir. Cook until the vegetables are soft, or for about 5 minutes.

Now add the paprika, chili, garlic, oregano and cumin, and stir. Keep stirring for about 1 minutes. Now add the tomatoes, and the pinto beans and black beans, the water and the half bay leaf. Stir, and then simmer, while stirring occasionally, for approximately 15 to 20 minutes. Add the cilantro, stir, and add the remainder of the salt, stir again and serve.

## **Vegetable Fajitas**

Ingredients: (Serves 2)

2 sliced bell peppers  
115 grams of sliced mushrooms  
1 sliced onion  
1 Serano pepper  
1 teaspoon of mixed spices  
1 tablespoon of melted butter  
1 tablespoon of cooking oil  
The juice of half a lime  
3 tortillas

Heat the oil in a pan on a medium to high heat, and once it's hot, add the peppers and onions. Then in a small bowl, add the butter, spices and lime and stir. When the peppers are browning, add the spice mix and mushrooms, and stir. Cook for approximately 3 minutes, and then serve on or with tortillas.

### **Beef and Vegetable Stew for the Slow Cooker**

Ingredients: (Serves 3-4)

Half a pound of beef stew meat, cut into cubes

750 grams of cubed or wedged potatoes  
A pinch of salt  
1 and a half teaspoons of red wine vinegar  
170 grams of quartered mushrooms  
3 sliced cloves of garlic  
2 chopped carrots

Three-quarters of a tablespoon of tomato paste

6 ounces of pearl onions

1 and a half tablespoons of tamari

A quarter of a teaspoon of black pepper

Add the potatoes to the slow cooker, and in a skillet, add the salt and beef. Cook on a medium to high heat, and stir until the meat has browned. When the beef is done, put it onto the potatoes. Now cook the mushrooms in the skillet until they have browned, and add them to the slow cooker.

Now place the onion, carrots and garlic in the slow cooker. Place the vinegar, tomato paste, tamari and pepper in a bowl and whisk, then pour into the slow cooker. Cook for approximately 8 hours on a low heat, and serve when the beef is tender.

## **Beef with Noodles**

Ingredients: (Serves 3)

Half a pound of ground beef

Half a can of chopped tomatoes

A handful of mushrooms

Half a green pepper

1 cup of corn

1 small chopped onion

Half a packet of noodles

1 cup of grated cheddar

Seasoning

Place the beef in a heavy bottomed cooking pot, and place on a medium hear, stir frequently until the beef is cooked. Add the seasoning, peppers, onions, mushrooms, and corn, and stir. Now place the noodles on top, and then take the cheese and sprinkle it over the noodles. The tomatoes should now be poured over the cheese, and the lid placed on the pot. Cook on a medium to high heat for approximately 1 hour, and serve.

## **Barbecue Chicken**

Ingredients: (Serves 4)

2 chicken breasts (De-boned and skinned, and cut into thin strips)

4 chicken thighs (De-boned and skinned)

1 and a half tablespoons of sweet paprika

Three-quarters of a tablespoon of salt

Half a teaspoon of dried garlic

Two-thirds of a cup of barbecue sauce

1 third of a cup of barbecue sauce to serve

An eighth of a teaspoon of cayenne pepper

Place the garlic, cayenne, paprika and salt in a bowl and stir. Sprinkle the mixture onto the chicken breasts and thighs and grill for about 2 minutes to seal them. Then cook the chicken in a pan until it's just done, and place back under the grill, and then cover with the barbecue sauce.

Cook for one minute, and then serve with the additional sauce.

## **Chapter 7: Whole Food Snacks**

The recipes that you will find below, are tasty and nutritious, but they don't contain much fat. Enjoy them as part of your whole food diet, once or twice a day.

### **Raisin and Oatmeal Cookies**

Ingredients: (Makes 20)

Half a cup of soaked raisins

Half a cup of raisins

1 cup of oats

A quarter of a teaspoon of nutmeg

A quarter of a teaspoon of salt

1 teaspoon of cinnamon

Half a cup of cashew or peanut butter

1 teaspoon of baking powder

1 teaspoon of vanilla extract

Turn on the oven and set to a temperature of 350 Fahrenheit. Place three-quarters of a cup of oats into a food processor, and pulse until they are finely ground. Now get a bowl and add the cinnamon, baking powder, nutmeg, the oat flour and salt, and whisk.

In the food processor, add the soaked raisins and about a quarter of a cup of the liquid the raisins were soaked in. Now puree the raisins and then add the vanilla, peanut butter and puree them. Take the raisin mix and the un-soaked raisins and the rest of the oats, and add them to the oat mix. Stir to combine, and make sure all of the oat flour mix has been absorbed.



Take a teaspoon and add 1 teaspoon of the mixture to a baking sheet, and make sure you space the cookies apart. 1 inch apart should do nicely. Using the back of your spoon, flatten the mixture slightly, and cook for up to 12 minutes, or until the base of the cookies have browned a little.

Transfer to a rack and allow to cool. Serve.

### **A piece of fruit**

Enjoy a piece of fruit that you like, but try not to eat the same fruit all the time. The wider the range of fruits that you eat, the more nutrients you'll benefit from.

Fruit can be eaten fresh, frozen or dried, but watch out for any additives, preservatives, salt and sugar. If in doubt, fresh or frozen is always best.

### **Fruit and Popcorn Mix**

Ingredients: (Serves 6)

2 and three-quarter cups of dried fruit

2 cups of unsalted popcorn

Add all of the ingredients to a bowl, and divide into portion sizes. Keep the portions in a container, and take to work with you.

### **Peanut butter and Pumpkin cookies**

Ingredients: (Makes 20)

A quarter of a cup of rolled oats

Half a cup of unsalted peanuts

A pinch of salt

A quarter of a cup of unsweetened cocoa powder

A quarter of a cup of smooth peanut butter

Half a cup of chopped dates

1 teaspoon of vanilla extract

An eighth of a cup of pumpkin puree

Preheat your oven to 375 Fahrenheit. Place the oats and peanuts in a bowl and mix. Now pulse until the ingredients have combined to make a coarse mixture. Add the salt and cocoa, and pulse to combine.

Now add the peanut butter and puree to a mixing bowl, and mix until they have combined. Add the dates and vanilla and mix again. Add the dry ingredients, and mix slowly, until a thick dough has formed.

Take a tablespoon of dough and roll it into a ball and place onto a cookie sheet. Repeat until you have used up all the dough, placing the mix about 1 inch apart. Take a fork and press the mixture down. Now place the dough into the oven, and cook for about 10-12 minutes, or until they have dried. Allow to cool, and serve.

## **A yogurt**

A small pot or carton of yogurt can be a very satisfying snack. Make sure you only eat natural yogurt that doesn't have much or any sugar added to it. Add some small fruit pieces to it, for that extra special touch.

## **Kale Chips**

Ingredients:

1 tablespoon of olive oil

A quarter of a teaspoon of salt

4 cups of packed kale leaves

Preheat the oven to 375 degrees Fahrenheit. Trim and wash the kale, and then lay them out on a cookie sheet. Now take the olive oil, and sprinkle it over the leaves. Toss the leaves using your hands, so that the oil is evenly distributed. Place the leaves back down onto the cookie sheet in a single layer.

Bake the leaves for approximately 5 minutes, and then turn them over. Now bake them for another 5 minutes, or until the leaves have started to turn brown and brittle. Remove the leaves from the oven, add salt and toss. Serve.

## **Chapter 8: Hints and Tips**

Starting a new healthy eating regime may not be easy, but if you make sure you enjoy great tasting meals and snacks, you won't feel like you're missing out. The whole food recipes that are contained in this book should leave you feeling full, thanks to the natural sources of fiber they contain.

You are of course, welcome to try out your own recipes, or make a few changes to the ones contained in this book. The more diverse the range of foods that you eat, the more

nutrients your body will get.

## **Water**

Please make sure that you drink plenty of water, preferably 8 glasses a day.

It could help you to lose weight as it will fill you up a little more, and it will leave you feeling a lot less stressed too.

## **Exercise**

You don't have to exercise if you do not wish to, as you're likely to lose weight if you eat healthy meals. If you do exercise more, then you will lose even more weight. I would not advise you to start a new exercise regime and a new healthy eating plan at the same time. Two major changes to your life could prove to be a bit too much, so sort out your eating first, and then gently introduce some exercise, slowly and steadily.

If you already exercise, then please don't add any more to your regime until you're used to eating a whole food diet.

## **Your weight loss**

If you are taking part in the whole food plan in order to lose weight, then it's likely that you will lose some. When you begin the whole food plan for the first time, you'll lose a lot of weight in the first few weeks, but the weight loss will slow down after a while. This is normal and nothing to worry about, and it will continue as long as you stick with eating healthy meals.

## **If you want to do the plan again**

A whole food diet is a very sustainable one that will leave you feeling a lot healthier. You can potentially eat a whole food diet for the rest of your life, as it's a very healthy one. If you have found this diet hard, or you would like to eat other foods from time to time, then please make sure you maintain a diet that is healthy, but contains only a few unhealthy meals.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to start looking forward to a tasty and nutritious whole food diet

The next step is to source all the ingredients you need, so you can get cooking!

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

I want to reach as many people as possible and more reviews will help me achieve this. Thank you and good luck!

**Also, be sure to like my [Facebook](#) page and join the conversation all about health and my latest books!**

If you liked this book, check out the next book in the series ...

But wait, If you haven ' t already watched the important video on how you can lose weight with this 3 week diet plan, you may want to do so. **[Click Here To Watch.](#)**

# Vegan Diet Challenge

# ***Start the Vegan Diet with These Delicious Quick Meals within Your Budget***

***Bonus Info On My Favourite Diet***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “ Vegan Cookbook: Start The Vegan Diet With These Delicious Quick Meals Within Your Budget ” .

This book contains proven steps and strategies on how to live the vegan life. Everybody knows the importance of vegetables, that these are the root of a better quality and healthier life. But there is just this thing about meats that make them a status symbol, both on the plate and in the society at large. This cookbook aims to change all that with huge variations in taste, placing the same emphasis on the importance of vegetables as they do on the rest of just about any pork dishes.

This cookbook will present to you wonderful and tasteful varieties of dishes proving that you can do a lot better the reputation of vegetables and make them the stars of the show at mealtimes. Plus, they are easy to make and are definitely lighter on the budget.

So what consists of a vegan diet? It mainly contains plants including vegetables, nuts, fruits, and grains. Keep in mind, vegans do not eat anything that comes from animals and that includes their produce such as eggs and dairy products.

### **This Book Will Teach You:**

- Which foods should be your friend and which shouldn ' t
- Why you should eat vegetables
- Breakfast, lunch, dinner and snack recipes
- and so much more!

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# Chapter 1 – Meat-Free Bites and Starters

There is this thing about going vegetarian that makes people want to pass up and just stick to the good old eating lifestyle consisting of meats, sweets, and processed food. But who says you cannot have the pleasure of eating them again? Only this time, with vegetarian ingredients and doing it the vegan way.

## 1. Cake Salé

Ingredients:

- 125g flour
- 1 teaspoons baking powder
- 50ml oil
- 50ml almond milk
- ¼ cup applesauce is equivalent to 1 egg
- 50g vegetarian goat ' s cheese
- 50g olives
- Salt and pepper

Directions:

1. Preheat the oven to 300 F. Grease and flour muffin cases.
2. Sift flour with the baking powder into a large bowl. Combine the oil, milk, and apple sauce. Mix well. Stir through the cheese and olives. Season with salt and pepper and mix.
3. Spoon into the muffin cases and bake for 15 minutes until risen and the color is lightly browned.

## 2. Cheese on Toast

#### Ingredients:

- 2 thick slices of bread
- 1 small red onion, chopped
- 100g vegetarian Cheddar cheese
- 1 teaspoon grainy mustard
- 4 tablespoon vegetarian dark ale
- Vegetarian Worcestershire sauce

#### Directions:

1. Toast the slices of bread and allow them to cool.
2. Mix the red onion, cheese, mustard, dark ale, and Worcestershire sauce, and pile on the toasted bread.
3. Place under the grill and cook until golden brown.
4. Serve with a cup of tea.

### **3. Blood Orange Salad with Carrots**

#### Ingredients:

- 10 medium carrots, sliced
- 3 blood oranges
- Pinch of sugar
- 200ml olive oil
- 50ml white wine vinegar
- 100g soft vegetarian goat ' s cheese
- watercress, washed
- salt and pepper to taste

#### Directions:

1. Slice the carrots lengthwise and as thinly as possible. Put them in a bowl of cold water to maintain crisp. Set aside. Afterwards, squeeze in the oranges in a different bowl.

2. For the dressing, add the sugar and juice together until the segments are broken down. Pour the olive oil and vinegar, and season with salt and pepper.
3. Drain the carrots and drizzle the blood orange mixture. Crumble the goat 's cheese and finish with the watercress on top.

#### **4. Red Lentil Soup**

Ingredients:

- 3 tablespoons olive oil
- 1 clove garlic, peeled
- 1 onion, peeled
- Salt and pepper to taste
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 150g red lentils
- 1 liter vegetable stock
- Juice of ½ lemon
- 2 tablespoons chopped parsley

Directions:

1. In a large saucepan, heat the olive oil. Add the garlic, onion, and season with salt and pepper. Cook for 8 minutes or until the onion is slightly golden.
2. Add the ground cumin and coriander, lentils, and the vegetable stock. Bring to a boil for 12 minutes or until the lentils have softened.
3. Remove from the heat and pour in the lemon juice. Sprinkle chopped parsley and serve.

#### **5. Asparagus and Watercress in Creamy Dressing**

Ingredients:

- 1 clove garlic
- 2 tablespoons apple cider vinegar
- 2 tablespoons wholegrain mustard

- 100ml sour cream
- 15 asparagus spears
- 2 bunches of watercress
- 1 red onion, shredded

Directions:

1. Combine together the garlic, apple cider vinegar, mustard, and sour cream. Set aside.
2. Meanwhile in a large griddle pan, heat the oil and stir in the asparagus for 8 minutes or until tender.
3. In a platter, arrange the asparagus, watercress, and shredded onion. Drizzle over the dressing. This dish is best served with bread.

## **6. Sweet Potato and Carrot Soup with Cashew Pesto**

Ingredients:

- 2 tablespoons olive oil
- 2 medium sweet potato, peeled and diced
- 5 carrots, peeled and diced
- 3 cloves garlic, finely chopped
- 1 large onion, diced
- Fresh root ginger
- Salt and pepper to taste
- 1.2 liters vegetable stock

For the Cashew Nut Pesto

- Flat-leaf parsley, finely chopped
- Fresh coriander leaves, finely chopped
- 1 stick lemon grass, finely chopped
- 1 large clove garlic, finely chopped



- 100ml extra-virgin olive oil
- 1 tablespoon chopped cashew nuts
- Juice of ½ lime
- Salt and pepper to taste

Directions:

1. In a large saucepan, heat the olive oil. Add the sweet potatoes, carrots, garlic, onion, ginger, salt and pepper. Add the stock and bring to a boil. Continue cooking until all vegetables are tender.
2. For the pesto, mix in the parsley, coriander, lemon grass, garlic, olive oil, cashew nuts, lime, salt, and pepper in a food processor. Whizz together until the mixture becomes smooth and fluffy.
3. To serve, pour in the soup to the fresh coriander. Drizzle with a teaspoon of coriander and cashew nut mixture. Serve.

## 7. Vegan Pasta Salad

Ingredients:

- 7 ounces multigrain pasta
- 1 clove garlic, halved
- 1 tablespoon flaxseed oil
- 2 roasted red peppers
- 1 tablespoon balsamic vinegar
- ½ cup coconut milk yogurt
- ¼ cup basil leaves
- 4 cups baby arugula
- 2 ounces Tofutti cream cheese

Directions:

1. Prepare the pasta according to the manufacturer ' s directions. Rinse with cold water and drain.
2. Meanwhile, in a food processor, puree the garlic, oil, and peppers. Add the vinegar until smooth. Add the yogurt and pulse until well blended. Transfer into a large bowl. Cut the basil into thin strips and toss into the bowl. Add the pasta and basil to the yogurt mixture. Toss to coat.
3. In a platter, arrange the arugula leaves. Top with pasta mixture and with Tofutti cream cheese.



## Chapter 2 – Vegetarian Breakfast Recipes

Breakfast is king as the old dictum says. These quick, easy, and healthy vegan breakfast recipes are sure to boost your morning enough to get you through ‘till the clock ticks lunchtime. Plus, they are easy on the pocket. Enjoy!

### 1. Grilled Asparagus and Soft Cheese Frittata

Ingredients:

- 12 asparagus spears
- 1 ½ teaspoon vegetable oil
- 2 pinches salt
- 3 pinches black pepper
- 1 cup applesauce
- 4 tablespoons olive oil
- 150g low-fat cream cheese

Directions:

1. Drizzle the asparagus with vegetable oil and season with salt and pepper. Grill for 3-4 minutes and make sure not to overcook as you want your asparagus to be a bit crunchy.
2. Whip in the applesauce with a fork. Add salt and pepper.
3. On a small frying pan, heat the olive oil and pour in the applesauce mixture. When the frittata is half set, place the asparagus and soft cheese on top. Lower the heat and slide the frittata on a serving plate.
4. Finish it up with a drizzle of some olive oil on top. Serve immediately.

## 2. Wheat-free Cauliflower Cheese

Ingredients:

- 1 head of cauliflower
- 2 tablespoons maple syrup
- 1 tablespoon olive oil
- salt and pepper to taste
- 350g crème fraiche
- 50g vegetarian Gruyere cheese, grated
- 2 teaspoon Dijon mustard
- 1 tablespoon vegetarian Parmesan-style cheese, grated
- 1 tablespoon fresh chives, chopped

Directions:

1. Heat the oven to 375 F. Cut the cauliflower into florets and toss them in a bowl with the maple syrup and olive oil. Add in salt and pepper to taste. Transfer into an oven dish and bake for 15 minutes.
2. Put in crème fraiche, gruyere, and mustard into a bowl and tip in the roasted cauli.
3. Sprinkle with parmesan-style cheese and put back into the oven. Bake for another 10 minutes. Sprinkle with chives and serve.

## 3. Spinach Loaf

Ingredients:

- 250g almond flour
- 1 ½ teaspoon gluten-free baking powder
- ½ teaspoon Celtic sea salt
- ¼ teaspoon baking soda
- 2 bunches, English spinach, blanched, drained, and stems removed

- 60ml additive-free coconut milk
- 1 tablespoon apple cider vinegar
- 1 teaspoon freshly squeezed lemon juice
- 1 banana = 2 eggs (substitute for eggs)
- vegetable oil

Directions:

1. Preheat the oven to 345 F. Grease and line a loaf tin with baking paper.
2. Combine the flour, baking powder, salt, and baking soda in a large bowl. Dash the spinach leaves in a blender together with the coconut milk, vinegar, lemon juice, banana, and vegetable oil.
3. Spoon the mixture into the loaf tin and bake for 45 minutes. Turn out on to a wire rack to cool. Serve.

#### **4. Pumpkin Chickpeas Pies**

Ingredients:

- 1 teaspoon coriander seeds
- 1 teaspoon ground cumin
- 1 teaspoon sweet paprika
- 1 teaspoon cumin seeds
- 1.2 teaspoon ground cinnamon
- 6 tablespoons olive oil

- green pumpkin, peeled and cut into chunks
- 2 banana shallots
- garlic
- 80g almonds, blanched
- cooked chickpeas, drained
- 50g raisins
- ½ bunch of coriander
- 2 tablespoons lemon juice
- unsalted butter
- ¼ cup applesauce
- 30g sesame seeds
- Pomegranate seeds
- 3 tablespoons runny honey

#### Directions:

1. Preheat the oven to 375 F. In a pan, fry the coriander and cumin seeds. Crush and grind in a mortar and pestle and add the paprika, cumin, cinnamon, half of the olive oil, and a pinch of salt.
2. Place the pumpkin in a roasting tin and combine the spiced oil mixture. Roast for 25 minutes.
3. Meanwhile, in a large saucepan, heat the remaining olive oil and toss the shallots. Cook until caramelized. Add the garlic and almonds and cook for 3 minutes. Remove. Add the chickpeas, raisins, and pumpkin and mash. Add the coriander and lemon juice and season to taste.
4. Lay a sheet, brush it with melted butter, and top with another layer. Spoon a quarter of pumpkin filling, fold in sides, roll up and twist into a coil. Place on an oven tray.
5. Brush the tops with the applesauce and scatter sesame seeds. Bake for 20 minutes and drizzle honey and pomegranate seeds.

## 5. Spinach Frittata with Tomato Salsa

### Ingredients:

#### For the Frittata

- 1 tablespoon extra-virgin olive oil.
- 2 cloves garlic, minced
- 1 small onion, minced
- 1 package spinach, thawed and well-drained
- 2 bananas = substitute for eggs
- 1/3 cup fat-free milk
- ½ cup shredded reduced-fat mozzarella cheese

#### For the Salsa

- 4 plum tomatoes, chopped
- 1 clove garlic, minced
- 2 scallions, minced
- 1 tablespoon fresh lime juice
- 2 tablespoons fresh cilantro, minced
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper.

### Directions:

1. For the frittata: Preheat the oven to 350 F. In a nonstick skillet, heat the oil. Add the garlic and onion and stir for 3 minutes. Put the spinach and reduce the heat to low.
2. In a bowl, mash the bananas, pour in the milk, and beat until frothy. Pour the mixture onto the spinach and cook for 5 minutes. Sprinkle with cheese and bake in the oven for 8 minutes.



3. For the salsa: In a large bowl, combine together the tomatoes, garlic, scallions, fresh lime juice, cilantro, salt, and pepper. Pour over the frittata and serve.

## **6. Honey Glazed Buns**

Ingredients:

- 300g plain white wheat flour
- 50g sugar
- 1.5g instant yeast
- 200g milk
- 6g salt
- vegetable oil

For the filling:

- 25g dried mixed peel
- 75g dried raisins
- olive oil
- 50g brown sugar

For the glaze:

- honey, melted

Directions:

1. In a big bowl, put the flour and make a well. Put the sugar and yeast into the well then pour in the milk. Cover and set aside for an hour.
2. Gather the ingredients into a big ball and knead for 10 minutes. Add the oil and salt, and knead for another 10 minutes. Put back the dough on the bowl and let it sit for 30-45 minutes.
3. Meanwhile, mix the dried fruits, butter, and sugar for the filling.
4. Pull the dough out and brush with olive oil. Sprinkle with sugar and fruit

mixture on top to coat. Roll the dough up to achieve a tight sausage-like look. Cut into 8 slices and bake in the oven to 450 F.

5. Bake for 15 minutes and remove. Top with melted honey and serve.

## **7. Breakfast Peanut Oats**

Ingredients:

- ¼ cup almond milk
- 1 ½ tablespoons peanut butter
- ½ cup water
- ¼ cup oats
- 1 tablespoon coconut milk yogurt
- 1 teaspoon peanuts, finely chopped

Directions:

1. Whisk almond milk with the peanut butter and mix until creamy. Add water and whisk until the mixture is smooth. Stir in the oats.
2. Cover with plastic wrap but leave a small vent for steam to come out. Microwave on high for 1 minute and cook until creamy. Remove and let it cool for 5 minutes.
3. Spoon the mixture into a bowl. Top with coconut milk yogurt and peanuts. Serve.



## Chapter 3 – Vegetarian Lunch Recipes

What 's good about vegan dishes is the fact that they are traditional food waiting to be discovered and transformed into gorgeous, easy to make, and healthy dishes. For one, pre-roasting carrots can bring out its natural sweetness that is evenly balanced with vegetarian cheeses and spices. And, a whole lot more veggies waiting to be discovered!

### 1. Eggplant Parmigiana with Roasted Tomato

#### Ingredients

- 6 beef tomatoes
- 9 teaspoon extra-virgin olive oil
- 1 small onion, finely chopped
- 2 handfuls basil leaves
- salt and pepper to taste
- 3 tablespoons plain flour
- 400g small eggplants sliced into rounds
- ¼ cup applesauce
- 200g vegetarian mozzarella

#### Directions:

1. Preheat the oven to 400F.
2. To make the lids, chop off the tops of the tomatoes leaving about a quarter of the way down. Remove the seeds, add a pinch of salt to the cavity, and set aside.
3. Heat the olive oil and fry the onion. Add in the reserved tomato pulp and put some basil leaves. Put salt and pepper to taste.
4. In a separate frying pan, heat the remaining olive oil and sprinkle the flour onto the plate and dredge the eggplant rounds in it. Dip each round into the

applesauce and fry in batches.

5. Prepare to assemble your ingredients in each hollowed-out tomato. Start with the eggplant then top with a spoonful of tomato sauce, basil leaf, and mozzarella cheese. Repeat until the tomato cavities are full. Bake stuffed tomatoes for 25 minutes and drizzle with the remaining oil. Serve.

## **2. Spicy Roasted Carrots with Sesame and Paneer**

Ingredients:

- 1 teaspoon cumin seeds
- 1 tablespoon coriander seeds
- 1 teaspoon black onion seeds
- 2 tablespoons sesame seeds
- 4 tablespoons groundnut oil
- 1 kg carrots, sliced thinly
- 1 tablespoons runny honey
- 2 green chillies, deseeded and sliced
- salt and pepper
- 200g paneer

For the dressing:

- juice of ½ lemon
- sesame oil
- groundnut oil

Directions:

1. Preheat the oven to 200 F. On a dry frying pan, add the cumin and coriander seeds. Toast for 1 minute then roughly crush.
2. Toast the onion and sesame seeds following the same method. Mix all of these

together with the groundnut oil, carrots, honey, chillies, and season with salt and pepper. Tip into the roasting pan for 40 minutes and let it cool.

3. For the dressing, combine all the ingredients and add to the carrots. Stir through and serve.

### **3. Baked Spiced Vegetables**

Ingredients:

- olive oil
- 2 red onions, peeled and sliced
- salt and pepper
- 2 cloves garlic, peeled and crushed to a paste
- 1 teaspoon ground cumin
- 2 teaspoons ground coriander
- ¼ teaspoons ground cloves
- ½ teaspoon allspice
- 1 teaspoon red wine vinegar
- 1 teaspoon oregano
- 400g cans chopped tomatoes
- 1 tablespoon sugar
- 3 red peppers, quartered
- 3 courgettes, sliced
- 2 aubergines, sliced
- ¼ cup applesauce

Directions:

1. Preheat the oven to 350 F. In a large saucepan over medium-low heat, heat the olive oil and add the onions. Season with salt and pepper and cook until softened.

2. Add the garlic, cumin, coriander, ground cloves, and spices. Stir for 1 minute and then chuck in the vinegar, oregano, tomatoes, and sugar. Leave to simmer.
3. Meanwhile, heat a little oil on a griddle pan and grill the red peppers, courgettes, and aubergines in batches. Transfer to the pan of tomatoes and let it simmer for 10 minutes. Put the vegetables in the oven and bake for 15 minutes.
4. Remove from the oven and combine the applesauce. Season with salt and pepper. Return to the oven for another 15 minutes and serve.

#### **4. Roasted Vegetables**

Ingredients:

- Large onions, chopped
- Thin-skinned squash
- Fennel, trimmed
- Button mushrooms
- Carrots
- Parsnips
- 4 cloves garlic
- 4 tablespoons olive oil
- Salt and Pepper
- 8 dates, halved and stoned
- 8 black olives, halved and stoned
- Firm tofu, cubed

Directions:

1. Preheat the oven to 400 F. Tip the squash, fennel, button mushrooms, carrots, and parsnips into a roasting tin.

2. Add the garlic to the vegetables, spoon the oil, and sprinkle into the mixture. Season with salt and pepper.
  
3. Put the mixture in the oven, mix, and roast. After 20 minutes, add in the dates, black olives, and tofu. Mix and return into the oven. Serve.



## **5. Spinach, Tomato, and Chickpea Curry**

### **Ingredients:**

- 1 tablespoon sunflower oil
- 1 clove garlic, chopped
- 1 small onion, finely hopped
- Fresh root ginger, chopped
- 1 tablespoon Bart Veeraswamy Moglai Curry Paste
- 400g can chopped tomatoes
- 410g can chickpeas
- 250g spinach, shredded
- Natural yogurt
- 4 tablespoons fresh coriander, chopped

### **Directions:**

1. In a medium saucepan, heat the oil and cook in the garlic, onion, and ginger for 5 minutes or until softened and golden.
2. Mix the curry paste and add the chopped tomatoes. Simmer for 5 minutes until the sauce thickens.
3. Stir in the chickpeas and let it boil for 10 minutes. Toss in the spinach and let it simmer until it is cooked.
4. Serve with a spoonful of yogurt and drizzle with coriander.

## **6. Mexican Lasagna**

### **Ingredients:**

- 300 grams mushrooms
- 1 large onion, peeled and quartered

- 2 cloves garlic, crushed
- 1 green chilli, deseeded
- 1 green pepper, deseeded
- ½ teaspoon ground cinnamon
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 4 tablespoons oil
- 1 tablespoon tomato puree
- 400g can red kidney beans
- 1 packet tortillas
- 500g crème fraîche
- 50g grated vegetarian cheese

Directions:

1. Preheat the oven to 445 F.
2. In a food processor, combine the mushrooms, onion, garlic, chilli, pepper, cinnamon, cumin, coriander, and oil until the mixture looks like minced.
3. In a large frying pan, cook over high heat. Cook until the mixture begins to brown. Add the tomato puree and the beans. Season with salt and pepper.
4. Spoon half of the mixture in a baking dish and put into the tortilla. Put in some crème fraîche and cover with another tortilla. Sprinkle with cheese and put in the oven for 15 minutes. Serve.

## 7. French Onion Soup

Ingredients:

- 2 tablespoons extra virgin olive oil
- 5 cups sliced onions

- 2 bay leaves
- 1 teaspoon dried thyme
- 1/8 teaspoon salt
- 5 cups vegetable broth
- 2 cups water
- 2 slices whole wheat bread, toasted and halved
- 4 teaspoons ground flaxseed
- Tofutti cheese
- Ground black pepper

Directions:

1. Heat a pot over medium heat. Add the oil and let it heat for 1 minute. Add the onions, bay leaves, thyme, and salt. Stir and cook for 10 minutes or until the onions are uniformly browned.
2. Add the ½ cup of broth and cook at a brisk simmer for 3 minutes. Add the remaining broth and water. Let it simmer for 5 minutes. Remove and discard the bay leaves.
3. Ladle the soup into a big bowl and place half a slice of toast. Sprinkle 1 teaspoon flaxseed over each toast. Top with Tofutti cheese.
4. Broil the soup 6 inches from the heat source for 2 minutes or until the cheese is bubbly. Be careful not to burn the cheese. Season with pepper.



## **Chapter 4 – Vegetarian Dinner Recipes**

The following vegan dinner recipes look so glamorous everyone will think you have been slaving yourself in the kitchen and putting a strain in your budget. But the truth is, you can even use up leftovers veggies to make a whole new vegan dish.

### **1. Risotto Terrine with Roasted Veggies**

Ingredients:

- 1 liter vegetable stock
- Pinch of saffron
- ¾ char-grilled mixed peppers in oil
- 2 red onions, cut in wedges
- 1 eggplant, cut into cubes
- 1 zucchini, sliced
- 175g cherry tomatoes, halved
- 2 cloves garlic, chopped
- 1 leek, chopped
- 1 teaspoon chilli flakes
- 250g risotto rice
- 100ml vegetarian white wine
- 175g vegetarian mozzarella, sliced

Directions:

1. Preheat the oven to 400 F. Bring the vegetable stock to a boil and stir in the saffron. Strain the peppers and reserve the oil.

2. In a roasting tin, stir in the onions, eggplant, and zucchini. Roast for 20 minutes. Remove and add in the cherry tomatoes and roast for another 15 minutes. Remove from the oven and allow to cool completely.
3. Meanwhile, sauté the garlic, leek, and chilli flakes. Add the rice and sauté for 2 minutes. Add the white wine and bring to a boil. Add the ladleful of the stock and continue stirring until the liquid mixture has been absorbed.
4. Put into the oven to 350 F. Line a loaf tin and spread half of the risotto into the base of the tin. Top it with mozzarella and peppers. Spread the veggies and finish with the risotto levelling the surface evenly.
5. Bake for 40 minutes. Remove from the oven and serve.

## **2. Mushroom Tofu**

### **Ingredients:**

- 1 tablespoon sunflower oil
- ½ teaspoon ground Szechuan pepper
- 5 cloves garlic, crushed
- 5cm fresh ginger, finely grated
- 1 teaspoon dried chilli flakes
- 1 tablespoon chilli bean paste
- 250g mushrooms
- 2 teaspoons balsamic vinegar
- 1 tablespoon soy sauce
- 400g firm tofu, cut into cubes
- 1 teaspoon sesame oil
- Spring onions, finely sliced

### **Directions:**

1. In a wok over high heat, heat the oil and add the Szechuan pepper.

Immediately stir in the garlic, ginger, and chilli flakes.

2. Turn the heat to medium and add the bean paste mushrooms, vinegar, and soy sauce. Stir occasionally for 5 minutes.
3. Toss in the tofu cubes over low heat. Drizzle some sesame oil and sprinkle with spring onions. Serve.

### **3. Coconut Bean Curry**

Ingredients:

- 3 tablespoons vegetable oil
- $\frac{3}{4}$  teaspoons mustard seeds
- 10 fresh curry leaves
- 1 red onion, finely chopped
- 6 cloves garlic, minced
- $\frac{1}{2}$  teaspoon chilli powder
- 2 teaspoons ground coriander
- 1 teaspoon ground cumin
- $\frac{1}{2}$  teaspoon turmeric
- Salt
- 7g green beans
- 400g cans kidney beans 60g creamed coconut block
- 1 teaspoon caster sugar
- 3 teaspoons tamarind paste

Directions:

1. In a large non-stick saucepan, heat the oil and add the mustard seeds. Once the popping stops, immediately add in the curry and onion. Cook until the onion is translucent.
2. Add the garlic and ground spices with a splash of water. Cook for 2 minutes.

3. Add the beans and the coconut. Add another glass of water and bring to a boil. Stir in sugar and tamarind paste. Adjust the seasoning. Serve.

#### **4. Baked Nutty Green Roast Veggies**

Ingredients:

- 2 green peppers, sliced and deseeded
- 2 leeks, chopped
- 3 courgettes, sliced
- 2 tablespoons olive oil
- 130g green pesto

For the topping

- 1 tablespoon olive oil
- 25g vegetarian Parmesan-style cheese, grated
- 50g shelled pistachios
- 1 slice wheat bread

Directions:

1. Preheat the oven to 440 F. In a bowl, toss together the green peppers, leeks, and courgettes into the oil and pesto.
2. Place the veggies in an ovenproof dish and bake for 30 minutes.
3. For the toppings, combine the oil, parmesan-style cheese, pistachios, and the bread in a food processor. Top the vegetables with the nutty crumbs and bake for 10 minutes. Serve.

#### **5. Couscous and Mix Veggies**

Ingredients:

For the couscous

- 500g couscous



- 1 teaspoon sea salt
- 600ml water

For the vegetable stew

- 1.5 liters vegetable stock
- 6 cloves garlic, smashed
- Fresh rosemary
- 8 peppercorns
- 2 bay leaves
- 2 sweet potatoes, cut into long thick strips
- 2 onions, cut into quarters
- 2 carrots, cut into long strips
- 1 marrow, cut into long, thick strips
- 3 leeks
- 3 celery stalks
- 2 teaspoons honey
- 3 tomatoes, cut into quarters
- Sea salt and ground black pepper

Directions:

1. Preheat the oven to 350 F. Put the couscous in an ovenproof dish. Stir the salt into the warm water and pour over the couscous. Cover and leave the couscous to absorb the water for 10 minutes.
2. Meanwhile, in a large saucepan, put the stock and bring to a boil. Combine the garlic, rosemary, peppercorns, bay leaves, and salt. Add the potatoes, carrots, onions, and marrow, and cook for 5 minutes. Afterwards, toss the leeks and stalks.
3. Cover and cook for 25 minutes. Check the seasoning and then stir in the honey

and tomatoes.

4. Rake a fork through the couscous and rub oil to lift the grains up and let them fall back into the dish to aerate them. Dot the top of the couscous with butter and pop into preheated oven for 20 minutes.
5. Pile into a mound. Lift the vegetables out and place them around the couscous. Pour the stock into a bowl and serve with vegetables and couscous.



## **Chapter 4 – Vegetarian Desserts**

There is nothing like a stodgy pudding, and homemade traditional desserts are simply the best. The following mouth-watering recipes are sure to satisfy your sweet tooth without even noticing that they are all vegan-friendly.

### **1. Butterscotch Apple Pudding**

Ingredients:

- 2 large apples, cored and cut into 2cm dice
- 125g self-raising flour
- 200g brown sugar
- ¼ teaspoon salt
- 1 teaspoon vanilla extract
- 1 tablespoon olive oil
- ¼ cup applesauce
- 200ml milk
- 2 tablespoons golden syrup
- 150ml boiling water

Directions:

1. Preheat the oven to 350 F. Place the apples at the bottom of an ovenproof dish. Spread them out evenly.
2. Stir the flour, half of the sugar, and salt and then mix together. Meanwhile, in another bowl, combine the vanilla extract, olive oil, applesauce, and milk.

Blend both mixture and whisk briefly to bring everything together. Afterwards, pour the mixture onto the apples.

3. In a saucepan with boiling water, pour in the golden syrup and the remaining sugar. Stir until the sugar dissolves. Then, pour evenly onto the dish. Sprinkle brown sugar and then bake in the oven for 30 minutes or until the top of the pudding has a very light spring when pressed. Serve.

## **2. Hazelnut Marzipan**

Ingredients:

- 100g blanched almonds
- 125g roasted hazelnuts
- 1 tablespoon orange blossom water
- ½ teaspoon ground cardamom seeds
- 300g caster sugar

Directions:

1. Grind the almonds and hazelnuts until very fine. Add the blossom water and cardamom seeds.
2. Boil the water and sugar until it reaches the soft ball stage. Soft ball is a term used as to how sugar will react to cold water when dropped.
3. Meanwhile, using a machine beater, pour in the sugar syrup to the ground nuts until it reaches a smooth consistency. Once cooled, knead by hand. Stop kneading when the dough looks shiny.

## **3. Apple and Walnut Cake**

Ingredients:

For the cake:

- olive oil
- caster sugar

- ¼ cup applesauce
- 2 teaspoons cinnamon
- 250g Greek yogurt
- 1 tablespoon baking powder
- 190g flour
- 3 apples, cubed into 1.5cm

For the syrup:

- 150ml water
- 75g runny honey
- sugar

Directions:

1. Preheat the oven to 350 F. Use a spring form tin and grease it.
2. Combine the butter and sugar. Beat the eggs and then stir in the yogurt. Blend in the cinnamon, baking powder, and flour. Mix well and then add the apples.
3. Pour the batter into the springform and bake for 1 hour. Remove from the oven and let it cool while making the syrup.
4. For the syrup, combine all the ingredients and bring to a boil. Let it seethe until the sauce has thickened.
5. Pour in the syrup onto the cake for 10 minutes and toss in walnuts and pair it with the Greek yogurt.

#### **4. Banana Fritters**

Ingredients:

- Vegetable oil
- 100g chickpea flour
- ¼ teaspoon baking soda
- 150ml water

- 2 bananas, sliced

For the syrup:

- 4 tablespoons maple syrup
- 2 tablespoons water
- Cardamom seeds
- Pinch of dried rose petal
- Shelled pistachios

Directions:

1. Heat the oil in a large pan.
2. Meanwhile, in a large bowl, put the flour and baking soda. Mix in the water and beat well.
3. Heat the maple syrup, water, cardamom seeds, dried rose petal, and shelled pistachios in a small pan and bring to a boil for 2 minutes.
4. Put the batter-coated banana in the frying pan and fry in batches until the bananas are golden brown.
5. Drizzle with the prepared syrup. Serve.

## **5. Rhubarb and Lemon Creams**

Ingredients:

- 400g rhubarb
- 150ml vegetarian white wine
- 100g caster sugar
- 175g lemon curd
- 300ml double cream
- 15g shelled pistachios

- 8 sugared almonds

Directions:

1. In a small saucepan, place the rhubarb, wine, and sugar. Let it simmer for 10 minutes. Remove from heat and let it cool completely.
2. Whisk together the lemon curd and cream. Layer the rhubarb and cream in glasses finishing with cream. Cover and chill.
3. Before serving, you may sprinkle pistachio nuts and sugared almonds.



## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you become acquainted with different vegan recipes that are healthy, delicious, and light on the pocket. Getting vegetarian, let alone vegan, food are surely tough enough to resist especially the meaty ones. But with the right knowledge and welcoming yourself to a whole new lifestyle of eating well-balanced and veggie meals, you sure will conquer the meaty cravings. You will be surprised to decline that pork steak or spare ribs the next time you dine out at a restaurant.

The next step is to apply the recipes you have learned from this cookbook and serve to the people you love. You may also want to share the recipes to friends or those who are interested taking on the vegan way. After all, all you need is a good vegan cookbook, the right vegan recipes, ingredients, and you 're good to go. It is never too late! Now is the best time to start on your vegan journey towards a healthier you.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

I want to reach as many people as possible and more reviews will help me achieve this. Thank you and good luck!

**Also, be sure to like my [Facebook](#) page and join the conversation all about health and my latest books!**

If you liked this book, check out the next book in the series ...

But wait, If you haven ' t already watched the important video on how you can lose weight with this 3 week diet plan, you may want to do so. [\*\*Click Here To Watch.\*\*](#)

# TEA CLEANSE CHALLENGE

# ***7 Day Tea Cleanse Reset To Lose 10 Pounds And Get That Flat Belly You've Always Wanted***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “Tea Cleanse Challenge: 7 Day Tea Cleanse Reset to Lose 10 Pounds and Get That Flat Belly You’ve Always Wanted”.

This book contains proven steps and strategies on how to shed the extra pounds and live a healthier, happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn’t exist? Sure we can’t all be fitness experts, but if you’re really serious about getting back into shape, there are techniques that can help you work for that body you’ve always wanted. Whether it’s losing weight or having more energy, going on a tea cleanse is one of the most effective ways to get started on a healthier lifestyle.

While your body’s natural capacity to burn stored fat can slow down with age, that doesn’t mean that you should give up on your fitness goals. No matter what stage of life you’re in, there’s still so much you can do to improve your physical, mental, and physical wellbeing and reading this book is the first step to living the life you’ve always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by going on a tea cleanse. This isn’t meant to be a fad diet to help you lose weight fast, but it should encourage you to use tea detox to make healthier lifestyle choices, and reset your lifestyle in the process.

### **Who is this Book For?**

- For people who are sick and tired of going on crash diets that just don’t work.
- For people who want to use their energy to build strength.
- For people who want to make healthier food choices and get back to a normal

eating routine.

- ....and many more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don't forget to check out one of my favourite diets at the bottom:

**Learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet.**

***Go to the bottom for more info, and receive your free report and bonus content!***

## **Chapter 1 - How Detox Tea can Help You**

Detoxification gained a nasty reputation these past years. While there are countless detox products that claim to be “the only weight loss solution”, we all know by now that liquid diets simply don’t work on their own. You may experience a sudden drop in your weight in the beginning, but usually that also means a drop in nutrients and energy. It may help you jumpstart your weight loss journey, but it also gets difficult to sustain along the way.

A tea detox, or teatox as most celebrities like to call it, is a much healthier approach to detoxifying your body. Instead of replacing full meals with a liquid drink, you only need to add a few cups of herbal tea to your already existing, nourishing diet. This means that you can still have all the fruits and vegetables you want even while you’re trying to cleanse your body of all the harmful toxins that are trapped in your bloodstream.

Because detox tea is so easy to incorporate into anyone’s lifestyle, it’s no wonder that countless celebrities now swear by its amazing effects. What is it about tea that makes it the best weight loss solution on the market today? Here’s how tea can help you get started on a healthier and happier way of life.

According to a 2013 study conducted by American researches, going on a tea drinking binge has a wide array of benefits that covers almost every area of the human body. From lowering your risk of stroke, to increasing mental performance, tea is packed with catechins that can help elevate your energy level even with less calorie consumption. This is probably the main reason why tea drinkers cope better both physically and emotionally when they make changes on their lifestyle.

High quality teas, both green and black, are rich in antioxidants that can help boost the body’s natural cleansing ability. Antioxidants play a crucial role in the detoxification process because it reduces oxidative stress levels significantly and gets rid of free radicals from the body. While drinking tea alone isn’t enough to get the job done, it can still make the process much easier for the body. It’s considered as harmless in comparison to many



detox products designed to just mess up the body's natural cycle.

Because there are teas specifically blended with additional ingredients like lemongrass, dandelion, and even milk thistle, you're sure to get more benefits from doing a teatox than a traditional detox. You can choose the perfect tea blend that will help you meet your specific health and fitness goals. If you're looking for a detoxifying drink that will alleviate stress on the liver, an herbal infusion with ginger for example, can clean your bloodstream more efficiently. It's just a matter of finding the right tea blend that will suit not just your mood or taste, but also complement your body system.

However, keep in mind that not all teatox teas are created equally. Some contain a very powerful detoxifying but dangerous ingredient called senna. Senna is an herbal laxative that stimulates the intestines to purge its contents. While this ingredient can be helpful on the body for a short amount of time, taking too much senna for too long can have devastating effects on the digestive system. It can cause electrolyte balance which if you're not careful, can lead to dehydration. If you feel constipated, taking senna tea for a few nights can be helpful but don't let it become your everyday cup.

So when's the best time to take your cup of tea? Health experts believe that you can take it whenever you feel like it, as long as you make the effort to drink more water throughout the day since most tea blends contain caffeine. However, for tea drinkers who can only stomach 1-2 cups of tea per day, it's best to take their first cup upon waking up, and the second one before preparing for bed. This way, they will get their dose of antioxidants without having to make any major changes in their daily routine.

Whatever teatox blend you choose, make sure that you eat a healthy diet with it. Going on a tea detox can only do so much without the help of a proper diet plan. If you want to detoxify your body, you need to make that life changing decision to cut out processed foods from your food plan. You need to feed your body with fruits, vegetables, and whole grains in order to enhance your digestive system's natural cycle. Once you start getting the hang of eating clean, detoxifying your system is going to be a breeze.

## **Chapter 2 - Green Tea Facts**

Green tea has become all the rage these past years. Ever since medical studies have come out of their apparent weight loss effects, people from all over the world have been choosing green tea over the usual brew. However, while you may feel like you're getting healthier with every sip of green tea, you need to get the facts straight in order to take full advantage of the benefits. What is it exactly about this drink that is making people go crazy for it? Here are a few green tea facts that you definitely need to know.

### ***Green tea can boost a sluggish metabolism***

Even as our metabolism slows down as we age, genetics also affects how our bodies use up calories and stored fat. If you're one of those who can't seem to burn fat as fast as you should, then including green tea into your daily diet may just be the perfect solution for you. Countless studies have proven that green tea can enhance your body's natural ability to burn up fat. Of course, you'll need to lessen your sugar intake and increase your vegetable consumption for maximum effect, but a cup of green tea every morning should be enough to fire up a sluggish metabolism.

### ***Green tea can lower bad cholesterol levels***

Another amazing fact about green tea is that it can significantly lower cholesterol levels, particularly LDL or what we call bad cholesterol. Research shows that people who consume 4 cups of green tea or more daily are less likely to develop high LDL levels that have been linked to many forms of heart disease. If 4 cups seem like too much for you, then you can always opt to take green tea pills that are available in many health stores.

### ***Green tea can stop some cancer in its tracks***

Studies also prove that drinking freshly brewed green tea regularly can help reduce your risk of certain cancer that affects the prostate, ovarian, endometrial, and breast. Even on

people who have already been diagnosed, drinking green tea can have a positive effect.

Why? Because it contains exorbitant amounts of antioxidants that fight off free radicals. The more antioxidants you have in your body, the better your body will be able to cope with elements that attack it from within.

### ***Green tea can lower your diabetes risk***

While there still isn't much study on the effects of green tea on a person's sugar levels, drinking at least 2 cups each day can help reduce appetite and curb sugar cravings. In effect, drinking green tea can help you lessen your carbohydrate and sugar intake, which can then lower your risk of developing type 2 diabetes.

### ***Green tea can enhance overall brain functions***

Green tea doesn't just have a calming effect, but also a positive effect on brain functions. New research shows that drinking green tea is an easy way to enhance short-term recall and improve memory functions. Although further testing is recommended on the effects green tea can have on other brain functions, it shows great promise in possibly helping combat memory related diseases like Alzheimer's.

As you see, using green tea as your main tea detox agent has many other benefits other than keeping your waistline down. Try drinking an average of 3-10 cups each day if you want to reap the benefits. Again, you don't have to totally deprive yourself of food once you go on a tea detox. As long as you eat clean, you'll be able to see a drastic change in your weight, and your way of life in no time.

## Chapter 3 - The One Day Cleanse

What many dieters fail to realize is that the word cleanse is really a verb, and not a noun. If you're not going to make that conscious decision to live a much healthier lifestyle, then all the effort is bound to go to waste. You should look at this detox as a means to help you reach a long-term goal, and not just a short-term fix. Even though this process is called the one day cleanse, it's designed to help you jumpstart what hopefully turns out to be a long-term journey. It's about making the right decisions in order to change all areas of your current lifestyle.

If you're new to the cleansing program, you first need to take a step back and really understand your motives for doing this. Are you doing a cleanse to fit into that wedding dress or are you getting into the program in order to be healthier? While there are technically no wrong or right motives for wanting to do a tea cleanse, there are however motives that will determine how you are able to handle it. You need to build your motives around long-term goals if you want to succeed in this journey.

You also need to be patient towards the entire process, especially if you want to avoid any drastic side effects that could happen when you recklessly rush through the tea cleanse. If you get on with it too fast, your body will overwork your organs and there's a chance that they will only give in. A hasty approach will lead you to bouts of nausea, breakouts, and even headaches so it's always best to allow your body to go through its natural course.

Short-term programs will only push the toxicity around and not properly get rid of it. The key is to allow your body to work at its own pace and follow a plan that will help you reach your long-term weight loss goals, even if that means you'll need to develop a strong sense of discipline along the way.

So how do we do this one day cleanse anyway? Since detoxifying is one of the most effective ways to get our bodies and minds back into top shape, it's important that we find the perfect balance between physical and mental well being. Remember that this one day

is primarily designed to help you develop long term habits. It's sad that other cleanses only put importance on what numbers you should see on the scale after your cleanse, and not on how you should feel once you're done. This is why, aside from preparing physically, you should also prepare mentally.

### **So let's get started, shall we?**

The first step is to stock up on fresh lemon juice. The lemon is considered as nature's medicine and is capable of healing and mending cells in your body. No wonder that when it comes to just about any cleanse, lemon plays a huge role in ensuring that the body still functions properly even with the external stress.

Boost your liver's detoxifying function by having a warm glass of lemon water first thing in the morning of your tea detox. Instead of waking your system up with a cup of Joe, drink lemon water to give a zap of energy, minus the dehydration. Squeeze half a lemon into a mug of warm water and turn this drink into your daily morning habit. Need a hint of sweetness? You can always add honey according to taste.

Next, prepare yourself a green smoothie that will give you all the vitamins and minerals your body will need to last through the day. Simply blitz ½ head of spinach, ½ head of romaine lettuce, 3 celery sticks, 1 pear, 1 banana, and 1 apple with 2 large glasses of water. Squeeze ½ of a lemon into the smoothie and mix well before drinking. Drinking this green smoothie to replace all your major meals throughout the day will not only cleanse your system, but also provide your body with the fiber and enzymes it needs to push the toxins out. Just because you're on a detox doesn't mean that you should deprive yourself of nature's goodness.

Replace your morning snack with a detox tea that will help you combat midday cravings and leave you feeling refreshed. To prepare the detox tea, simply steep a ginger tea teabag in a cup of freshly boiled water for 2-3 minutes, depending on how strong you want the ginger flavor to come through. Add a squeeze of lemon and a dash of cayenne powder before drinking. These 3 ingredients work together in breaking up the toxins in your body,

and at the same time shielding your internal organs from any infections. It may be an acquired taste for some, but that can always be fixed with a quick drizzle of organic honey.

Feeling famished by dinner time? Then it's time to prepare yourself a meal consisting of dark leafy greens and sliced vegetables. Dark leafy vegetables, together with some crunchy vegetables will give your body loads of fiber for the night ahead. You can even spice it up with some cayenne powder if you want to fire up your digestive system and get it burning more calories. While you're doing a cleanse, it would be best to stick to raw and organic vegetables so that you don't put too much pressure on your stomach when it's time to digest. Keep your dinner light.

Eating meat will only derail you from your goals so at this point, it's best to avoid all temptations. Since it's only going to be for one day, you can do away with food items that contain any form of preservatives as well. You may also want to avoid tomatoes (because of its acidity) and avocados (because of its high fat content) on this day since these 2 food items can set you back from your total cleanse. If you want to have a speedy cleanse, you'll need to do a bit more research to see which seemingly harmless fruits and vegetables you'll need to avoid.

You've made it this far so don't commit the most common faux pas when going on a cleanse – eating anything with even the slightest hint of unhealthy fat. Look for cholesterol free alternatives like coconut oil. This source of medium chain fatty acid is packed with benefits such as protecting your body from bacterial attacks and supporting your thyroid's functions. However, for a successful cleanse, do make the effort to limit your oil intake, at least while you're doing this one day cleanse.

The one day cleanse isn't an overnight fix so don't expect to lose more than a couple of pounds once you're through. It's just a step in the right direction as you incorporate more tea detox drinks into your diet and put an end to your unhealthy eating choices. Make sure to ease yourself into this cleanse the best way you can and start taking responsibility over your decisions. After all, you know just how far you need to go. Follow these guidelines and you'll start to see the best version of yourself unfold in just a few short weeks.

## Chapter 4 - Tea Detox Recipes to Try Today

Tea detox drinks may seem exciting in the beginning but it can also get monotonous if you'll be drinking the same tea drink every day. Just because you want to lose weight badly doesn't mean that you should settle for the same tea drink every single day. If you want to explore the different tea detox drinks that can supply your body with all the antioxidants it needs while boosting your overall wellbeing, then here are some tea recipes that you need to try today.

### *Green Tea Smoothie*

What do you get when you mix green tea with kale and apple in one smoothie? A drink that is packed with antioxidants and phytonutrients. This smoothie isn't just tasty, but it also keeps your body in top shape in terms of daily nutrition. The yogurt provides a smooth and interesting taste to this fruit and veggie combo. Just one drink and you'll be feeling amazing for hours.

Fun and tasty ingredients:

- 1 cup of brewed green tea, chilled
- ½ red apple
- 1/3 cup baby kale
- 1 tablespoon Greek yogurt
- ½ tablespoon organic honey
- Ice (optional)

How to:

Blend all the ingredients together until you get a thick smoothie consistency. If you want a creamy finish without the yogurt, you can try substituting with ½ cup of fresh avocado

instead. This won't just give you added fiber, but it will also give you the potassium your body needs while on a tea detox.

### ***Energy Boost Tea Shake***

Green tea is famous for being the other source of caffeine so if you need a quick perk me up in the morning, this is the perfect drink while you're on a tea detox. Having half the caffeine content of a regular cup of coffee, this energy boost shake is enough to wake you up, without going into a caffeine shock. Plus, the orange and banana combo is a great way to start off your mornings.

Fun and tasty ingredients:

- 1 teaspoon green tea matcha powder
- 1 cup coconut milk
- ½ orange, deseeded
- 1 medium banana
- ½ tablespoon organic honey
- Ice (optional)

How to:

Blend all the ingredients until you get the consistency of a thick shake. If you feel it lacks body, you can add ½ of a banana into the mix. You can also add a tablespoon of protein powder if you want this drink to replace your first meal of the day. When taken daily, this shake should leave you feeling full and satisfied until lunch time.

### ***Tropical Detox Smoothie***

Tropical fruits such as papaya and mango can really add to the flavor profile of this smoothie. Not only do they pack in some serious nutrients, their colors also make the drink very nice to look at. Aside from the antioxidants, ginger tea is a potent drink that



will help boost your immunity against infections and diseases. Give this smoothie a whirl if you're looking for an exciting way to get your detox on.

Fun and tasty ingredients:

- 1 cup of brewed ginger tea, chilled
- 1 cup coconut milk
- ½ cup papaya, cubed
- ½ cup mango, cubed
- 1 medium banana
- Ice (optional)

How to:

Blend all the ingredients until you get just the right creamy consistency. Feel free to change up the fruits depending on what's in season. Always choose fresh fruit every chance you get if you want to enjoy maximum nutrition.

### ***Fruity Berry Tea Detox Smoothie***

Are you looking for a fresh and healthy alternative to your pre-workout energy drink? Whip up this dandelion and green tea smoothie and you're all set for your workout. The berries will give your body real energy to sustain you through whatever activity you enjoy doing. Make this your tasty daily exercise drink and you'll always look forward to working out.

Fun and tasty ingredients:

- 1 cup of brewed dandelion tea, chilled
- ½ teaspoon green tea matcha powder
- ¼ cup raspberries
- ¼ cup raspberries
- 1 tablespoon Greek yogurt
- Ice (optional)

How to:

Blend all the ingredients until you get a thick creamy consistency. If you're conscious about the calorie count of green yogurt, you can always use a low fat substitute. Add a teaspoon of honey if this recipe is too tart for your taste.

### ***Ginger Tea Spiced Tonic***

Who thought that mixing up ginger tea with some spices will result to a health tonic that will help you lose weight and enhance your immune system? This drink isn't just great after a big meal, but it also works wonders when flu season comes around. The only way to get your body back on track when it's being attacked is by flooding it with all the nutrients that it can handle. Doctor's orders!

Fun and tasty ingredients:

- 3 ginger tea teabags
- ¼ teaspoon organic cinnamon
- ¼ teaspoon turmeric
- 8 ounces near boiling purified water
- 1 tablespoon organic honey

How to:

Steep the tea bags in a tea pot and add the spices and honey. Once the tea is ready, remove the tea bags and enjoy. Try experimenting with different spices if you're looking for an exotic brew. For a refreshing aftertaste, squeeze half a lemon into the pot before serving.

### ***Green Frappe***

Want to indulge yourself with a drink that will make you feel like you're sipping at your leisure in a high end coffee shop? Then whip up this green frappe and get your daily dose of rich green tea flavor, without the tedious process of brewing tea bags and waiting for your drink to cool down. The matcha powder is packed with the same health benefits, minus the prep time.

Fun and tasty ingredients:

- 1 teaspoon green tea matcha powder
- ½ tablespoon organic honey
- 1 cup coconut milk
- Ice (optional)

Blend all the ingredients until you get a creamy frothy drink. Since you'll only be using a few key ingredients, you can enjoy the richness of this drink at just about any time that you please. The green frappe is best enjoyed alone in the hot summer months or with friends as you talk about your amazing weight loss journey so far.

### ***Awesome Start Tea Juice***

Green tea gets a fruity punch from 3 highly nutritious fruits. The pineapple adds fiber while the pear lends the sweetness, and the papaya? Well it gives this drink a unique flavor profile while adding loads of vitamin C. Whip up this drink when you're feeling weak or feverish and you'll be back on your feet in no time. Talk about getting maximum protection from damage caused by free radicals.

Fun and tasty ingredients:

- 1 cup of brewed green tea, chilled
- ½ cup pineapple chunks
- ½ cup pear, cubed
- ½ cup papaya, cubed

How to:

Blend all the ingredients until you get a juice. Make sure to blend until all chunks of fruit have been liquidized. It may take a while to reach that consistency so if you're pressed for time, you can use a strainer to take away the chunky bits before you enjoy your drink.

## **Chapter 5 - The 7 Day Flat Tummy Weight Loss Plan**

Is it really possible to get a flatter tummy in just 7 days? While it may seem impossible to sustain a tea detox for the long term, getting your act together in 7 days can have a huge effect on your body. Try not to think of these 7 days as a quick fix to a problem, but rather as a transition stage that will help you make better food choices and healthier lifestyle decisions. You can talk about detoxifying all you want but the truth is, without a concrete plan, you won't get the results that you want.

This is why this plan is designed to make that transition towards a healthier you much more bearable. It's about introducing gradual changes so that your body doesn't fall into shock. All you need to do is follow this plan to the tee and you'll be seeing a new you in 7 short days.

### ***Monday***

The best way to start off your detox is by getting into the habit of drinking more water. The body often confuses thirst with hunger so if you always feel hungry, then that's your body saying you're not drinking enough water. Staying hydrated is a key element in detoxifying and it's also a safe and effective way to boost your energy, especially when you're minimizing your calorie intake. Drink one glass of water before mealtime and another glass right after. This way you'll feel satisfied even without additional food intake.

### ***Tuesday***

Once you're body is properly hydrated, the next step is to start the tea detox. Doing the 1 day cleanse that you've read in the earlier chapter should be much easier to do on the second day since you've in effect, minimized your food intake with all the water you drank. This is also the perfect time to stop yourself from indulging on liquid calories. Tuesday is the day you rethink your drink choices in everyday life. Soft drinks, fruit

juices, and alcohol are loaded with sugar that you wouldn't want in your system anyway so make it your personal goal to quit the habit on this day.

### ***Wednesday***

Make mealtime an occasion even if you'll only be eating fruits and vegetables on this day. Your body may not be well equipped to handle digesting protein and fats after doing the 1 day fast so try not to get too excited. Stick to steamed and lightly seasoned vegetables to get your fill for the day. Fruits are great if you find yourself craving for something sweet. Don't let the tea detox leave you feeling deprived, instead get excited about eating right. And no matter how busy you get, it's important that you set aside time when you can just sit back, relax, and enjoy your meal. When you keep on rushing your meals, you're more likely to overeat because you don't take the time to actually chew your food and allow the body to feel full on its own.

### ***Thursday***

Do you have a snacking habit? Then dedicate this day to get rid of that "treat" mentality. Just because you feel stressed or you worked out a bit, it does not give you an excuse to indulge on all your favorite treats like chocolates and chips. These treats are often loaded with calories and fat so rewarding yourself with all the tasty treats you can think of only validates the idea in your head that it's okay to eat them. Look for healthier alternatives like fruits and nuts if you want to satisfy your sweet and salty cravings.

### ***Friday***

Friday is about developing new habits to correspond your healthier lifestyle. This includes correcting your sleeping habits and getting into your exercise groove. Studies show that people who don't get enough sleep are more likely to overeat so if you want to stop the cravings, you need to increase your snooze time. Try going to bed at a set time and avoid playing with your gadgets during bedtime. That should be enough to set the mood for

some quality sleep. While not everyone gets excited by the idea of exercising, you need to find a way to psyche yourself for it. Start by taking a morning or night walk, or if you're feeling adventurous, you can try doing a 10 minute HIIT beginner exercise sequence. The point is to start somewhere and turn it into a daily habit.

## ***Saturday***

If you've followed the schedule, by now you should be feeling a bit healthier and a little less famished. Celebrate the weekend by eating well balanced meals. Your meals should contain healthy servings of carbs, protein, and healthy fats. Settle for any less and you're bound to feel hungry in a couple of hours. Satisfy your craving for meat and fat by having a healthy serving of white fish in a light olive oil sauce.

## ***Sundays***

Get into the habit of planning your meals from this day on so that you have all your nutritional needs covered. Schedule your mealtimes so that you don't skip meals. Skipping meals won't help you lose weight, if anything; it will only make you hungrier for your next meal. And when your body starts to feel deprived, you'll tend to eat more to make up for the meal you skipped.

Start a routine that will enable you to eat your main meals at the same time every day. You can also include small healthy snacks in the afternoon if you need something to keep your energy levels up, and don't forget to finish your meal with a cup of your favorite detox tea.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to get a better insight on how you can use the tea cleanse to get the body and lifestyle that you've always wanted. With the right information and mindset, it's never too late to regain your physical health and improve your quality of life. By understanding fully how a tea detox works and how it can improve your life, you'll be back in shape in no time.

It may not be easy to give up on your old habits altogether, but know that it is possible. As long as you create an action plan that will help you start on the right track, anything is possible.

Make sure to apply what you have learned from this book immediately. You don't have to make drastic change. You just need to do something to jumpstart the process, and doing a healthy tea detox should be enough to help you get that flat tummy you've always wanted.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

I want to reach as many people as possible and more reviews will help me achieve this. Thank you and good luck!

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But wait, If you haven ' t already watched the important video on how you can lose weight with this 3 week diet plan, you may want to do so. [\*Click Here To Watch.\*](#)

# **The 14 Day Paleo Diet Plan**

# ***The Paleo Diet For Beginners Cookbook***

***Bonus Info On My Favourite Diet***

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**Introduction**

I want to thank you and congratulate you for downloading the book, “ *The 14 Day Paleo Diet Plan: The Paleo Diet For Beginners Cookbook* ” . This book will teach you all that you need to know about the Paleo Diet, and how it can boost your health.

**This book contains proven steps and strategies on how to:**

- Make very tasty and healthy meals from scratch
- Enjoy a varied diet that could help you to lose weight and improve your health
- Eat and enjoy food that is highly nutritious, without feeling like you’re missing out
- Eat meals that leave you feeling satisfied
- Use the plan long-term if you wish to continue enjoying a healthy, tasty, and balanced diet.
- And so much more!

There’s no need for you to put yourself on a very restrictive diet in the hope that you’ll become healthy. The Paleo Diet plan will help you to improve your health in no time. Because you will no longer be eating any processed foods, your health will improve, you’ll sleep better at night and you’ll look better too. It’s no wonder more and more people are now enjoying the 14 Day Paleo Diet Plan

Thanks again for downloading this book, I hope you enjoy it!

## **Chapter 1: The Benefits Of A Paleo Diet Plan**

More and more people are now switching to a Paleo diet simply because they have realized how good it is for you. Too many of us eat too many processed foods that aren't doing our bodies any good whatsoever.

A Paleo diet is thought to be similar to the kind of diet cave men and women ate thousands, if not millions of years ago. Their diet was one that consisted of meat (Including fish), fresh fruit and vegetables. They didn't consume dairy products and neither did they consume processed foods, which include cereal products.

### **Your Body ' s Preferred Diet**

A Paleo diet is simply your bodies preferred diet, as it will contain all of the nutrients that your body needs in order to stay healthy. Our ancestors didn't need to eat processed foods, and neither do we. Although we may have evolved somewhat, and our lives may be far different from our ancestors lives, the nutrients that our bodies need is still very much the same.

Because the Paleo diet is your bodies preferred diet, it means that it's highly sustainable. This means that you can switch to the Paleo diet permanently if you wish, and you won't be doing yourself any harm. Many other diets are not sustainable in the long-term, and they should only be undertaken for a short period of time.

The Paleo diet is different as it offers your body all the nutrients that it needs, and will turn you into a healthy human being that has a lower risk of obesity and diet related illnesses and conditions.

## **Chapter 2 : Starting The Paleo Diet Plan**

If you are undertaking the Paleo diet plan for the very first time, you may appreciate some helpful tips. I know from my own experience that starting a new diet plan can be quite hard. This is why I've decided to include a few tips so that you find your journey a little bit easier.

### **Making mistakes**

We occasionally make mistakes when we embark on a new diet, it happens to all of us. If you accidentally eat something that wouldn't ordinarily be part of the Paleo diet, don't worry, just go back to eating the foods you should eat, as soon as you can. There's nothing you can do about eating something you shouldn't have eaten, just do your best to make sure it doesn't happen again, and put it all down to experience.

### **Find out where you can source your ingredients**

One of the best things you can do before you go ahead and start this diet plan, is to work out where you're going to source your ingredients. If your local stores don't sell much in the way of fresh fruits and vegetables, you will need to work out where you're going to get them from.

Take a trip to your local market, visit a greengrocers nearby, or travel a little further afield to a town that sells the food you're looking for. Some stores may be more than happy to deliver the products you need, right to your door, so why not ask and see if they can help?

Many of the ingredients you'll need in order to make some of the recipes I've included in this book can be made from day to day ingredients. There is nothing fancy that you

shouldn't be able to get hold of. Take a look at the food you need, make a list of all the ingredients you want to buy, and get shopping!

### **Start the plan with a friend**

You may be wondering why I have suggested that you start the plan with a friend. I'm suggesting that you do this because it will make the diet a much easier one. Sometimes it's less hassle having someone to compare notes with. What's more is you'll also find that you can motivate each other when things are getting tough. Plus, if you stick to the plan, you can both go out and enjoy rewarding yourself for being good, and that's never a bad thing.

Why not find a friend or even a family member who is willing to take part in the Paleo diet plan with you? If no-one wants to join you, then my suggestion is to look for an online Paleo forum. Forums like these can prove to be very useful as they're bound to be full of hints, tips, recipe ideas, motivation skills and anything else that has kept people going.

Don't do the plan alone, unless you're absolutely confident that you can motivate yourself every day, even when the going gets tough.

### **Key Foods/Ingredients**

#### **Fruits and vegetables**

As fresh as possible, try to source them from your local market as they will be extra fresh, they're likely to be a lot cheaper, and you're supporting local businesses too.

If you must eat processed fruit and vegetables, look for those that have very little or no added sugar. Frozen fruit and vegetables is often just as good as fresh, but again, watch out



for any added sugar.

## **Dairy Products**

Dairy products should be avoided when you undertake the Paleo plan. This is because most dairy products have been processed, and they're not always very good for you.

Did you know the only milk that our bodies have been made to consume is breast milk? We're not supposed to drink cow's milk as we're unable to digest it properly.

If you would still like to add milk to your diet, I recommend that you consider drinking soy milk, or almond or coconut milk if needs be.

I know it's hard to stay away from dairy products all together, but there are some good and very tasty alternatives. I know these have been processed to a degree, but they ensure that you get the calcium you need, along with other very beneficial nutrients.

## **Eggs**

If you love nothing more than to eat an egg or two, then you will be pleased to know that you can carry on eating them. Eggs are perfectly natural, they haven't been processed, and they are incredibly good for you. Enjoy an egg with your breakfast, or at any other time of the day.

## **Chapter 3 : Diet Plan (14 Day Guide)**

The Paleo diet plan is perhaps one of the healthiest diet plans you're likely to come across. Full of fresh fruits and vegetables, very little or no processed foods, along with meals and snacks that contain very little fat. The great news is that you can enjoy this diet plan, while also consuming a wide variety of foods that you can make from scratch.

Please take a look at the meal plan I have listed below. The plan is merely a suggestion as to what you should eat, you don't have to stick to it. You will find recipes for most of the meals, in the following chapters.

Please note that while a lot of the recipes contain no processed food whatsoever, a few of them do. This is because some of you may find it hard to make the suggested dishes, without using some pre-packaged ingredients.

Remember, there are a lot of dairy alternatives out there, so source and use them when you can.

### **Day One**

Breakfast: Sweet potato waffles

Snack: Apple, banana and ginger muffin

Lunch: Mackerel salad

Snack: A piece of fruit or a yogurt

Dinner: Barbecue chicken

### **Day Two**

Breakfast: Banana and strawberry smoothie

Snack: Apple chips

Lunch: Lentil and garbanzo soup

Snack: A piece of fruit or a yogurt

Dinner: Bean and tomato chili

### **Day Three**

Breakfast: Vegetable tofu scramble

Snack: Coconut, banana and chocolate smoothie

Lunch: Roast chicken wraps

Snack: A piece of fruit or a yogurt

Dinner: Treat yourself to anything you like

### **Day Four**

Breakfast: A piece of fruit, or two

Snack: Fruit salad

Lunch: Chili and celery salad

Snack: A piece of fruit or a yogurt

Dinner: Turkey and nectarine burgers

### **Day Five**

Breakfast: Cherry and quinoa porridge

Snack: Apple, banana and ginger muffin

Lunch: Cilantro and spinach smoothie

Snack: A piece of fruit or a yogurt

Dinner: Steamed salmon and zucchini

## **Day Six**

Breakfast: Orange and lemon smoothie

Snack: Apple chips

Lunch: Pasta and borlotti bean soup

Snack: A piece of fruit or a yogurt

Dinner: Beef Noodles

## **Day Seven**

Breakfast: Trail mix with banana

Snack: Coconut, banana and chocolate smoothie

Lunch: Pear and persimmon salad

Snack: A piece of fruit or a yogurt

Dinner: Baked potato with salad

## **Day Eight**

Breakfast: Sweet potato waffles

Snack: Apple, banana and ginger muffin

Lunch: Mackerel salad

Snack: A piece of fruit or a yogurt

Dinner: Barbecue chicken

## **Day Nine**

Breakfast: Banana and strawberry smoothie

Snack: Apple chips

Lunch: Lentil and garbanzo soup

Snack: A piece of fruit or a yogurt

Dinner: Bean and tomato chili

## **Day Ten**

Breakfast: Vegetable tofu scramble

Snack: Coconut, banana and chocolate smoothie

Lunch: Roast chicken wraps

Snack: A piece of fruit or a yogurt

Dinner: Treat yourself to anything you like

## **Day Eleven**

Breakfast: A piece of fruit, or two

Snack: Fruit salad

Lunch: Chili and celery salad

Snack: A piece of fruit or a yogurt

Dinner: Turkey and nectarine burgers

## **Day Twelve**

Breakfast: Cherry and quinoa porridge

Snack: Apple, banana and ginger muffin

Lunch: Cilantro and spinach smoothie

Snack: A piece of fruit or a yogurt

Dinner: Steamed salmon with zucchini

## **Day Thirteen**

Breakfast: Orange and lemon smoothie

Snack: Apple chips

Lunch: Pasta and borlotti bean soup

Snack: A piece of fruit or a yogurt

Dinner: Beef Noodles

### **Day Fourteen**

Breakfast: Trail mix with banana

Snack: Coconut, banana, and chocolate smoothie

Lunch: Pear and persimmon salad

Snack: A piece of fruit or a yogurt

Dinner: Baked potato with salad

## Chapter 4: Paleo Breakfast Recipes

Enjoy a delicious and nutritious breakfast every single morning. If you are a little short on time in the mornings, making your breakfast the night before could help a great deal.

### Sweet Potato Waffles

Serves 2

4 tablespoons of cornstarch

4 tablespoons of sweet potato puree

6 tablespoons of wheat pastry flour

Half a teaspoon of salt

4 tablespoons of vegan-friendly buttermilk

2 tablespoons of brown sugar

A quarter of a teaspoon of nutmeg

2 teaspoons of baking powder

2 vegan-friendly eggs

4 tablespoons of vegan-friendly butter (Melted)

118 grams of ham

Method:

Turn on your waffle iron and preheat. Now whisk the cornstarch and add the baking powder, salt, nutmeg, and stir. Take the buttermilk and add it to a different bowl. Add the butter, puree and eggs, and whisk.

Add the flour mixture to the sweet potato mixture, and stir. Add the ham and stir once more. Now spray the waffle iron with some oil and spoon about 80 mls of the mixture into the iron.

Cook until the waffles are golden brown, and serve.

### **Banana and strawberry smoothie**

Serves 1

Ingredients:

1 banana

1 cup of soy or almond milk

A handful of strawberries

1 tablespoon of maple syrup

A pinch of cinnamon

Method:

Add the ingredients to your juicer or blender, and blend until smooth. Pour into a glass and serve.

### **Orange and lemon smoothie**

Serves 1

Ingredients:

A tablespoon of lemon juice

1 orange

Half a grapefruit

1 tablespoon of honey

4 tablespoons of soy-based yogurt

240ml of soy milk



Method:

Place the ingredients into your blender or juicer, and blend until smooth. Pour into a glass and serve.

### **Vegetable Tofu Scramble**

Serves 3

Ingredients:

A packet of Tofu (Preferably firm)

3 handfuls of spinach leaves

1 quartered tomato

3 garlic cloves

Half a red onion

Half a bell pepper (Any color)

A pinch of salt

Method:

Take a food processor, and add the spinach, onion, garlic, and pepper. Pulse the ingredients until they are fine. Take a skillet, and add the mixture, cooking on a medium high heat. Once the mixture starts to simmer, add the salt and tofu, and then stir. Cook the ingredients until there's very little liquid left. Serve.

### **Cherry and Quinoa Porridge**

Serves 2

Ingredients:

2 tablespoons of quinoa

240ml water

Half a teaspoon of vanilla extract

1 tablespoon of honey

A quarter of a teaspoon of cinnamon

A handful of unsweetened cherries

Method:

Add all the ingredients apart from the honey, to a pan and place on a medium to high heat. Bring to the boil, and then reduce the heat. Simmer for about 15 minutes, or until the water has dissolved. The quinoa should now be tender. Drizzle with the honey, and serve.

### **Trail mix**

Serves 1

Ingredients:

A handful of sugar-free trail mix

1 banana

Half a glass of soy, almond or coconut milk (Optional)

Method:

Chop the banana into small pieces and add to the trail mix, stir to combine.

Add the soy, almond or coconut milk and stir once more. Serve.

### **A Piece of fruit, or two**

A piece of fruit can be a very healthy breakfast, especially if you don't usually eat at this time of the day. Try to choose a piece of fruit or two that you like, and one that you won't eat again later that day. This is to ensure your body gets as much nutrition as it can from a wide range of fruits.

## **Chapter 5 : Lunch Time Recipes**

These lunch time recipes can be boxed up and taken to work, or enjoyed at home. Eat any leftovers in the next few days so you enjoy them at their freshest.

### **Mackerel Salad**

Serves 2

Ingredients:

3 ounces of un-smoked fresh mackerel

60mls of vegan-friendly mayonnaise

Half a minced clove of garlic

Half a tablespoon of chopped parsley

Half a teaspoon of lemon juice

Half a chopped celery stalk

Half a chopped onion

Method:

Place all of the ingredients apart from the mackerel into a bowl, and stir. Take a fork and separate the mackerel so it flakes. Add the mackerel to the salad, toss to combine and serve.

## **Roast Chicken Wraps**

Serves 3

Ingredients:

3 tablespoons of vegan-friendly mayonnaise

A quarter of a teaspoon of salt

Half a tablespoon of vinegar

Half a teaspoon of black pepper

Half a roasted chicken

2 handfuls of red cabbage, shredded

A pinch of cayenne pepper

1 tablespoon of pickle juice

3 organic whole wheat flat breads

Method:

Place the black pepper, pickle juice, and mayonnaise in a bowl. In another bowl, add the salt, cabbage and cayenne pepper and toss.

Chop the chicken into bite size pieces, and then add to the mayonnaise, and stir. Now spoon out the mayonnaise and cabbage mixtures into the flat breads, roll, and serve.

## **Chili and Celery Salad**

Serves 3

Ingredients:

A sprinkling of chili flakes

4 chopped celery stalks

A tablespoon of lemon juice

1 tablespoon of lemon zest

2 dates (Soaked and pitted)

A tablespoon of tahini

5 grams of chopped parsley

A pinch of salt

10 toasted almonds

Fresh mint to taste

Method:

Put the dates and any liquid they have been soaked in, and place them in a blender. Add the chili, salt, lemon juice and tahini, and blend. When the mixture is smooth, pour the ingredients into a bowl and then add the celery, lemon zest, parsley almonds and salt. Stir and serve.

## **Pasta and Borlotti Bean Soup**

Serves 3

Ingredients:

140 grams of borlotti beans, soaked and drained

Half a medium sized onion, chopped

A clove of minced garlic

Half a celery stalk, sliced

3 chopped tomatoes

Half a tablespoon of olive oil

Half a carrot, sliced

Half a bunch of kale, sliced

125 grams of macaroni

Seasoning

Method:

Add the beans to a large cooking pot, and then fill with water until they are covered by approximately 2 inches. Boil, and then remove any foam from the top. Reduce the heat and then simmer, covered for approximately 40 minutes, or until the beans are nice and tender.

Add the celery, carrot, onion and garlic to another pan and cook until tender (About 8-10 minutes). Drain the beans, and then add them to this pan, along with the tomatoes, salt and about 480 mls of water. Boil, add the pasta and cook until it's reached your preferred consistency. Add the kale and simmer for 5 minutes, and serve.

## **Lentil and Garbanzo Soup**

Serves 4

## Ingredients:

1 onion, chopped

1 teaspoon of grated ginger

1 teaspoon of turmeric

A quarter of a teaspoon of cayenne pepper

Half a teaspoon of ground cumin

A handful of chopped carrots

A handful of chopped celery

1 teaspoon of minced garlic

1 can of drained and rinsed Garbanzo beans

2 chopped tomatoes

38 grams of lentils

720ml of vegetable stock

## Method:

Sauté the onion in a large pot on a medium to high heat. Now add the celery and carrots, and cook for 5 more minutes. Add the garlic and the remainder of the ingredients, apart from the stock, and cook for 30-40 seconds. Now add the broth and cook for approximately 1 and a half hours, or until the lentils are tender. Serve.

## **Cilantro and Spinach Smoothie**

Serves 1

## Ingredients:

2 cilantro sprigs

114 grams of spinach

Half a red bell pepper

1 tomato, preferably large, chopped

Half a celery stalk, chopped

A dash of lime juice

Half a carrot, chopped

A quarter of a small onion, chopped

Method:

Add all the ingredients to your juicer or blender, and blend until smooth. Serve.

### **Pear and Persimmon Salad**

Serves 2

Ingredients:

1 persimmon, sliced

1 pear, sliced

1 teaspoon of mustard

3 tablespoons of olive oil

1 minced shallot

2 tablespoons of lemon juice

1 teaspoon of garlic, minced

375 grams of spinach

62 grams of pecan nuts

Method:

Add the mustard, lemon juice, oil, shallot and garlic to a bowl and mix. Now add the persimmon and, pear spinach and pecan nuts and toss. Serve.



## **Chapter 6 : Dinner Recipes**

The following dinner recipes should leave you feeling quite satisfied at the end of the day.

### **Barbecue Chicken**

Serves 2

Ingredients:

1 de-boned chicken breast

2 de-boned chicken thighs

A quarter of a teaspoon of garlic

Three quarters of a tablespoon of paprika

A dash of cayenne pepper

150 grams of barbecue sauce

Method:

Skin the chicken and cut it into thin strips. Add the paprika, garlic, salt and cayenne pepper to a bowl and stir. Now rub the mixture onto the chicken, and grill for 2 minutes to seal.

Cook the chicken in a pan until it's almost cooked (For about 10 minutes), and then place under the grill once more. Coat the chicken with the barbecue sauce, and cook for an extra minute, and serve.

### **Bean and Tomato Chili**

Serves 3

Ingredients:

1 can of black beans

1 can of chopped tomatoes

Half a can of pinto beans

1 red onion, chopped

1 celery stalk, chopped

Half a bell pepper, chopped

2 cloves of garlic, chopped

1 tablespoon of olive oil

1 tablespoon of cilantro

1 tablespoon of chili powder

1 teaspoon of cumin

Half a teaspoon of oregano

2 pinches of salt

1 teaspoon of lime juice

Three quarters of a teaspoon of paprika

Half a bay leaf

240ml of water

Method:

Using a Dutch oven, pour the olive oil into the bottom and heat. Add the onion, carrot, celery, 1 pinch of salt, and the pepper. Stir. Cook for 5 minutes.

Add the paprika, garlic, chili, oregano, and cumin and stir for 1 minute. Add the pinto beans, black beans, tomatoes, the bay leaf and water, and stir. Bring to a simmer and stir occasionally. Cook for 15 minutes, then add the cilantro and stir once more. Sprinkle in the rest of the salt, stir and serve.

**Turkey and Nectarine Burgers**

Makes: 6-8

500 grams of ground turkey

1 onion, chopped

1 tablespoon of coriander

2 nectarines, chopped

28 grams of sun dried tomatoes, chopped

A handful of cilantro, chopped

2 tablespoons of salt and pepper

Method:

Sauté the onion until it's tender. Place the all of the ingredients into a large bowl and stir thoroughly. Make patties using your hands, shape them into your preferred size, and then place in the refrigerator for a few hours to settle.

Once the burgers have settled, grill them with a touch of oil for about 5 minutes on each side, or until they are cooked. Serve.

### **Steamed Salmon with Zucchini**

Serves 2

Ingredients:

2 salmon fillets

1 small zucchini, sliced

Half a sliced lemon

Half a sliced onion

60ml of water

120ml of white wine

Half a teaspoon of salt

A pinch of ground pepper

#### Method:

Take a Dutch oven and place the onion, zucchini, lemon, water and white wine in the bottom. Now season the salmon. Place a steamer rack over the ingredients in the Dutch oven. Cook on a medium to high heat until the liquid starts to boil. Reduce the heat, and then place the salmon on the steamer rack and cover. Steam for approximately 8 minutes, or until the salmon is cooked. Serve.

### **Beef Noodles**

Serves 3

#### Ingredients:

250 grams of ground beef

Half a packet of noodles

Half a green pepper, chopped

2 tomatoes, chopped

1 onion, chopped

100 grams of grated cheese

175 grams of corn

A handful of mushrooms

Salt and pepper to season

#### Method:

Place the beef in a Dutch oven and cook on a low heat. Cook for 8-10 minutes, or until the beef is cook to your taste. Add the pepper, mushrooms, corn, onions and seasoning, and stir.

Place the noodles on top of the ingredients and sprinkle the grated cheese over the

noodles. Take the tomatoes and put them on top of the cheese, and close the lid on the oven. Cook for approximately 1 hour on a medium to high heat. Serve.

### **Baked Potato with Salad**

Serves:1

Ingredients:

1 potato

1 tomato, chopped

A handful of lettuce leaves

A quarter of a cucumber, sliced,

1 tomato, chopped

A dash of olive oil

Seasoning

Method:

Bake the potato in the oven for approximately 1 hour, or until it's cooked. Remove and place to one side. Add the salad to a plate and season. Sprinkle with the olive oil. Place the potato next to the salad, and serve.

## **Chapter 7: Paleo Diet Snacks**

Who says that you cannot enjoy some very tasty snacks as part of the Paleo diet plan? If you're feeling peckish, get stuck in to some of these very tasty snacks.

### **Apple, Banana and Ginger Muffins**

Makes: 12

Ingredients:

200 grams of all-purpose flour

1 tablespoon of baking powder

1 tablespoon of apple cider vinegar

1 teaspoon of ground ginger

1 teaspoon of ground cinnamon

Half a teaspoon of salt

175 grams of apple, sliced

150 grams of sugar

180ml of milk

150 grams of mashed banana

140 grams of crystallized ginger

Method:

Preheat the oven to 400 Fahrenheit, and put a muffin pan to one side. Whisk the flour, sugar, baking powder, salt, ginger and cinnamon and put to one side. In a large bowl, add the milk, banana, apple vinegar and ginger, and stir. Add the flour mixture and stir until the ingredients have just mixed together.

Place in the oven and bake for 15 minutes, or until they are done. Serve and enjoy.

### **Apple Chips**

Serves: 2

Ingredients:

4 apples, sliced

A dash of pumpkin spice

A dash of cinnamon

Method:

Place the apple slices on a cookie sheet, and sprinkle with cinnamon. Place in the oven and cook for 1 hour on 230 Fahrenheit. Turn the apple slices over, and sprinkle cinnamon on the other side, and cook at 200 Fahrenheit for 1 hour.

Now turn the oven off, and keep the apples in there for 1 or 2 hours until they are crisp. Remove the apples from the oven, sprinkle with the pumpkin spice and serve.

### **Coconut, Banana and Chocolate Smoothie**

Serves 1

Ingredients:

1 teaspoon of grated coconut

240ml of coconut water

1 teaspoon of cocoa powder

A handful of spinach

1 banana

Method:

Place all of the ingredients into a juicer or blender, and blend until they have all mixed together. Pour into a glass, serve.

### **Fruit Salad**

Serves: 2

## Ingredients:

1 banana

1 apple

4 strawberries

A quarter of a melon, sliced

120ml of fresh orange juice

## Method:

Place all of the fruit in a bowl, and mix together. Pour over the fresh orange juice, and stir again. Serve.

## **Oatmeal and Raisin Cookies**

Makes 20

90 grams of oats

300 grams of raisins

125 grams of peanut butter alternative

1 teaspoon of vanilla flavoring

1 teaspoon of baking powder

1 teaspoon of cinnamon

A quarter of a teaspoon of salt

A quarter of a teaspoon of nutmeg

60ml of water

## Method:

Set the oven to 350 Fahrenheit, and place 60 grams of the oats in a food processor, and pulse them until they are fine. Add the nutmeg, cinnamon, oat mix, baking powder and salt to a bowl and stir.

Place 150 grams of raisins into the food processor and 60ml of water, and puree. Add the



peanut butter and vanilla, and puree. Now add the rest of the raisins, and oats, and add to the oat mix, and stir well.

With a teaspoon, scoop up some of the mixture and place on a cookie sheet. Space the cookies 1 inch apart, and flatten them with the back of your spoon. Cook for approximately 12 minutes or until they cookies have browned. Now transfer them to a cooling rack, allow to cool, and serve.

## **Chapter 8: Hints and Tips**

You may appreciate a few hints and tips to make your journey through the Paleo diet plan a little easier. These tips will help you to lose weight, understand weight loss and advise you as to what you should do if you wish to undertake the plan again.

### **Water**

Water is an absolutely integral part of the Paleo plan and any diet for that matter. Water will not only leave you feeling hydrated, but it can also be used to help speed up weight loss too. This is because it can leave you feeling full, despite this, you should make sure that you don't consume too much water as it can be bad for you. Try to stick to 8 glasses of water a day, and use it to stay hydrated.

### **Exercise**

The 14 day Paleo diet plan won't just help you to eat a better diet, but there's bound to be a bit of weight loss there too. If you plan to exercise while you're undertaking this plan, please make sure that you stick to your regular exercise regime.

You may find it too hard to add extra exercise along with a brand new eating plan. My advice is to only try one new thing at a time. Get used to eating a Paleo diet (If you plan on sticking with it long term), and then add more exercise.

### **Your Weight Loss**

Any weight loss that you achieve as part of this plan is likely to be because you're now consuming less salt, less sugar and less fat. These are usually hidden in processed foods, and because you're consuming less if any at all, then you're likely to lose weight.

When you begin to lose weight, you'll probably lose a lot at first, depending on what you regularly eat. If you stick to this plan long-term, the amount of weight that you lose per

week will decrease. This is perfectly normal, and is absolutely nothing to worry about.

If you're not looking to lose weight as part of the Paleo diet plan and you're simply looking to enjoy a healthy diet, then you may still lose a little weight. Not everyone looks to lose weight, some people would prefer to eat a healthy balanced diet first, and consider any weight loss to be secondary.

### **If You Want To Do The Plan Again**

Once you have undertaken the Paleo diet plan for 14 days, you will no doubt be feeling and looking better. Chances are you've lost a bit of weight, but you're likely to have more energy and you're probably sleeping better too.

The great thing about the Paleo diet plan is that it's completely sustainable in the long-term. This is because it's a very healthy diet that your body will love, and you won't be missing out on any nutrients.

My advice is to enjoy taking part in the Paleo diet plan, but don't forget to treat yourself from time to time. Treating yourself will make you feel like you've been rewarded, but it will also stop you from getting bored too.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to understand how great the Paleo Diet Plan is, and how it can help you improve your health and well-being.

The next step is to source the ingredients you need, and get ready to enjoy some very tasty and highly nutritious meals.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

[Click here to leave a review for this book on Amazon!](#)

Thank you and good luck!

# **The 14 Day Crockpot Plan**

# **Quick and Easy Slow Dump Dinners**

*Bonus Info On My Favourite Diet*

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## **Introduction**

Time ticks so fast these days as lives gets busier than before. There is always that sense of wanting to do more, but can ' t do so because of the lack of time. This is applicable in everyday activities and hobbies, including cooking.

Cooking is something that most people in the modern world tend to give up – take-out meals and delivery pizza seem to be a favorable option along with microwave food packs, instant ramen and all food stuffs that can be consumed automatically. The problem is, these things are not really healthy and can take good health in you.

Yet, conventional meals take long to cook and require a great deal of effort. For instance, a beef dish may take an average of 2 hours to prepare. Well, you may not afford to spend such time in cooking dinner alone. The great news is, it is now possible to cook delicious and healthy meals while you are at rest or even sleeping – thanks to crockpot!

This book contains proven steps and strategies on how to prepare quick, healthy and delicious crockpot meals. Every chapter contains easy to follow recipes that make use of your favorite ingredients like chicken, pasta pork, beef and vegetables among others. All dishes presented in this book are healthy as people these days want to maintain a balanced lifestyle.

The recipes come with step by step instructions and highly accessible ingredients making cooking easy and fun making crock pot cooking a more engaging process. Extra tips on how to retain more flavors and keep things even more scrumptious will also be provided.

This is the crock pot recipe book that will surely change the way you cook and eat with the family. Now, you can just dump what you are cooking and do whatever that you want without worrying about time.



Thank you and congratulate you for downloading the book, “ *The 14 Day Crock Pot Plan: Quick and Easy Slow Dump Dinner* ” .

I hope you enjoy it!

## **Chapter 1: Crock Pot Overview**

You may be wondering what these crock pot recipes are all about. Basically, the term “crock pot” refers to the generic brand or trademark of an electrical appliance used for cooking – more specifically simmering. It is composed of three elements: heating apparatus, glass cover and the pot itself.

With this cooking device, cooking mouth- watering dishes can be done easily and even while you are at rest. You just have to wait and then taste the goodness of your slow cooked meals.

Crockpot is an excellent choice for making stews, soups and quick dinners on week nights. You may not even believe it, but it can also make fresh bread. This cooking tool utilizes moist heat to cook food slowly making it possible to cook unattended for several hours. With this, you may cook the same kind of foods that you would normally cook in a regular pan or pot.

So, how does a crock pot cook your food?

In general, crock pots consist of heating elements located at the bottom and sides of the pot. It releases moist heat that cooks the food under low heat or at the range of 170 to 260 degrees Fahrenheit.

The steam produced in the container due to the tight lead as well as the direct heat kills the bacteria, and makes cooking really effective. Crock pots are notable for being able to tenderize meats.

So whether you want to make some pot roasts, chicken dishes or soups, then the crock pot recipes that are features in the following chapters will definitely suit you.

Say goodbye to fast food and instant dinners! You can do so much more in such a little time. Just take a look at the fabulous crock pot recipes and make your meals more enjoyable and satisfying than ever!

## **Chapter 2 – Crock Pot Chicken Recipes**

Chicken is lean and an excellent source of protein. Here are some of remarkable crock pot recipes that you can try at home especially on busy weekdays:

### **Recipe 1: Sweet Garlic Chicken**

This is an easy recipe that can be cooked using your pantry staples. It is best paired with roasted vegetables or brown rice.

You will need:

- 4 pieces skinless chicken thighs
- 5 tablespoon honey
- Half a cup of tomato ketchup
- Half a cup soy sauce
- 4 cloves minced garlic
- ½ spoon basil leaves (dried)

How to Prepare:

- Combine all the ingredients except the chicken to create the marinade.
- Place the chicken pieces into the crock pot then, pour in the mixture. Make sure the meat is well coated.
- Cook for 6 to 7 hours. Enjoy!

Tip: You may also wrap the chicken parts in foil for more even cooking, and meat filled with moisture. Plus, less mess too.

### **Recipe 2: Creamy Chicken Pasta with Mushrooms**

This dish is extremely easy to prepare, but tastes like the work a master chef – subtle and

smooth.

You will need:

- 4 piece skinless chicken breast (deboned)
- 240 grams sliced shitake mushrooms
- 240 grams sliced button mushrooms
- Half a cup white wine
- 240 grams cream cheese
- 300 grams or a can of cream of mushroom
- 1/3 cup butter
- 250 grams angel hair pasta
- Chopped onion leeks

How to Prepare:

- Boil water, cook pasta according to the package instructions. Set aside.
- Brown the chicken in oil over medium heat (optional).
- Combine the cream of mushroom, white wine, butter, cream cheese in the cooker and then, arrange the chicken on top.
- Cook it under low heat for 5 hours.
- Sprinkle with fresh onion leeks when done. Eat with the cooked pasta. Enjoy!

### **Recipe 3: Zesty Citrus Chicken**

This is a juicy and flavorful dish that you would surely love to eat over again. It is best eaten with brown rice or pasta. You may even eat it on its own.

You will need:

- 1 kilogram chicken breast

- ¼ cup lemon juice
- 1/3 cup water
- 3 minced garlic cloves
- ¼ cup butter
- A teaspoon of fresh parsley, chopped
- A teaspoon of chicken bouillon
- A dash of dried oregano powder
- A pinch of salt and pepper

How to Prepare:

- Combine salt, pepper and dried oregano in a bowl. Then rub it directly to the chicken.
- Melt the butter in a pan then, brown the chicken for 3 to 4 minutes.
- Place the chicken in the crock pot followed by the water, chicken bouillon and the lemon juice.
- Allow to cook for 6 hours under low heat or 3 hours on high heat. When cooked, add in the parsley. Enjoy!

#### **Recipe 4: Crock Pot Chicken Barbecue**

Make a unique twist in your usual chicken BBQ by having it slow cooked in a crock pot. It is best served with whole wheat bread, fried/baked potatoes.

You will need:

- Frozen chicken breasts, skin removed
- 1/ cup brown sugar
- ½ cup yogurt
- 350ml barbecue sauce
- 30 ml. Worcestershire sauce

How to Prepare:

- Put the frozen chicken breast in the crock pot.
- Combine the remaining ingredients in a bowl. Mix in thoroughly, and pour over the chicken.
- Cook for 6 to 7 hours on low heat or 3 to 4 hours under high heat.

Tip: Line the cooker pot with aluminum foil for more efficient cooking and easy clean up.

### **Recipe 5: Chicken Stew with Potatoes and Beans**

In this recipe, you will be using sweet potatoes, which is healthier than the ordinary potato. Peanut butter is also one of the ingredients to pacify the spiciness.

You will need:

- 240grams chicken breast, without skin and deboned
- 4 pieces sweet potatoes, cubed
- 2 cans of unsalted red beans
- 2 cups green peppers, chopped
- A cup of diced tomatoes
- Half a cup green chili, chopped
- 500ml. low salt chicken broth
- 1 spoon cajun powder
- 2 spoons peanut butter
- 3 garlic cloves, minced

How to Prepare:

- Combine the potatoes, beans, bell pepper, tomatoes. Chile, cajun powder, chicken broth and garlic in the cooker.
- Add in the chicken cubes, make sure everything is coated.
- Cook for 6 hours on high heat, and up to 10 hours under low heat.
- Once cooked, put in the peanut butter and stir thoroughly. Serve and enjoy!

## **Chapter 3 – Crock Pot Pork Recipes**

Pork is definitely a lovely addition to your meals. Here are some interesting crock pot recipes featuring this ingredient:

### **Recipe 1: Tender Pork Teriyaki**

This is a fabulous variation of teriyaki using pork topped with chili. The whole family will surely love it.

You will need:

- 1 kilo pork tenderloin
- 3 red chili, chopped
- 1 small onion, chopped
- Half a cup teriyaki sauce
- 1/3 cup brown sugar
- 5 garlic cloves, minced
- A cup of chicken broth
- 2 spoons olive oil
- A pinch of black pepper

How to Prepare:

- Heat the oil in a pan then, brown the pork. Make sure all sides are browned.
- Combine the chicken broth, brown sugar and teriyaki sauce. Put in the onion, chili, black pepper and garlic.



- Put the pork in the cooker and pour the sauce to coat the meat.
- Cook for 6 to 8 hours on high heat, and 8 to 10 hours on low heat.
- Let the meat rest for 5 to 10 minutes before slicing the pork into small slices. Enjoy!

## **Recipe 2: Shredded Pork and Chile**

This is an incredible pork recipe, which is similar to what you would eat in a Mexican diner.

You will need:

- 1 kilogram pork loin, cut into pieces (about 2 inches)
- 1 cup green chili, diced
- 4 cups water
- 2 cups rice
- Half a cup chipotle sauce
- 3 tablespoon lime juice
- A handful of chopped cilantro
- 4 garlic cloves, minced
- A pinch of salt

How to Prepare:

- Season the pork with salt and put in the crock pot. Add in the garlic and peppers on top of the meat.
- Pour half a cup of water and chipotle.
- Cook the pork for 7 hours under low heat.
- In another pot, cook the rice using the remaining water, add in the cilantro and lime juice. Simmer for 20 to 25 minutes on low heat.
- Shred the cooked pork using 2 forks. Put back the pork in the crock pot to let it absorb the sauce. Serve over the cooked zesty rice. Enjoy!

### **Recipe 3: Fruity Pork Roast**

This is a gourmet like pork recipe with a fruity surprise. Try cooking this at home and enjoy this moist meat dish.

You will need:

- 1 kilogram pork loin
- A can of cranberry sauce
- 3 garlic cloves, minced
- 1/3 cup honey
- A pinch of nutmeg
- A teaspoon of lemon peel
- A pinch of salt and pepper

How to Prepare:

- Slice the pork loin in two and put in the crock pot cooker. Season it with salt and pepper.
- Mix in the rest of the ingredients and pour on top of the meat.
- Cook the meat for 4 to 5 hours on high heat. Once cooked, allow the meat to sit for 10 to 15 minutes. Enjoy!

### **Recipe 4: Slow Cooked Pork Ham Soup**

Come home on a busy weekday night with this all spiced ham and vegetables soup that goes well with corn muffins or rice.

You will need:

- 2 cups diced pork ham
- 1 cup carrots
- ½ cup onion, chopped

- 1 ½ cup garbanzos
- ½ cup chopped celery stalks
- ¼ cup tomato sauce
- 400 ml low salt chicken broth
- A pinch of basil powder
- A pinch of salt and pepper
- 1 piece bay leaf

How to Prepare:

- Mix the carrots, garbanzos, celery, onion, pork ham and garlic.
- Season everything with pepper, basil and bay leaf. Pour in the chicken broth, tomato sauce and water.
- Cook for 10 to 11 hours on low heat. Enjoy!

### **Recipe 5: Crock Pot Baby Back Ribs**

This is a simple and classic pork recipe that you can actually enjoy a few minutes upon getting home.

You will need:

- 750 grams baby back ribs
- 500 ml barbeque sauce
- 1 small onion, chopped
- 2 garlic cloves, minced
- Half a cup of water
- 1 Bay leaf
- A pinch of salt and pepper

## How to Prepare:

- Sprinkle the meat with salt and pepper.
- Put some water and half of the barbecue sauce in the crock pot and then, put the ribs. Top with garlic, onions and bay leaf.
- Cook for 8 hours on low heat, or 4 hours on high heat.
- Pre heat your oven to 190 degrees Celsius.
- Put the ribs in the baking tray, and coat with the remaining barbecue sauce
- Bake for 10 to 15 minutes. Serve with baked potatoes or rice. Enjoy!

## **Chapter 4 – Crock Pot Beef Recipes**

Beef is surely tasty and delicious, but can be hard to cook as it requires more time. So, here is some great crock pot beef recipes especially made for busy people:

### **Recipe 1: Asian Beef and Mushrooms**

This is a classic beef and mushroom recipe with a twist of Asian flavors. This is a tasty and fragrant dish you should try cooking.

You will need:

- 1 kilogram beef chuck or short ribs
- A cup of red wine
- A cup of chicken/beef broth
- 250 grams button mushrooms
- 2 spoons soy sauce
- 3 spoons lemon juice
- 2 spoons ginger, sliced thinly
- 2 to 3 pieces star anise
- 1 orange
- 2 spoons onion leeks, chopped
- 1 spoon cornstarch
- A pinch of salt and pepper

How to Prepare:

- Cut the meat into 1 inch size and put in the cooker.
- Combine orange peels, onion, ginger lemon juice, broth, wine, star anise and soy sauce in a pan and then boil. Pour over the meat and cook for 6 to 8 hours.
- In a pan, cook the mushroom using  $\frac{3}{4}$  cup of the liquid sauce. Let it evaporate while

stirring often. Cook for 10 to 15 minutes.

- Add the mushrooms to the meat. Sprinkle some onion leeks. Enjoy!

## **Recipe 2: Beef Pepper Steak**

This is a flavorful beef dish best enjoyed with noodles or white rice. Try this and you will definitely love it.

You will need:

- 500 grams beef sirloin, sliced 2 to 3 inches thick
- 2 green bell pepper, chopped
- 450 grams tomatoes, chopped
- 1 small onion, chopped
- 4 tablespoon soy sauce
- 1 spoon brown sugar
- A pinch of salt
- 1 spoon cornstarch
- 2 spoons olive oil

How to Prepare:

- Season the meat with salt.
- Heat the pan, drizzle the oil and brown the meat. Put the browned meat in the crock pot.
- Combine soy sauce, sugar, salt and cornstarch dissolved in a bit of water. Pour over the beef. Put in the tomatoes, onion and green bell pepper.
- Cook for 6 to 8 hours on low heat or 4 hours on high heat. Enjoy!

## **Recipe 3: Cumin Spiced Shredded Beef**

This is a fantastic dish best paired with nice and warm tortilla bread or rice. Ou may also

eat it with cheese or sour cream for added flavors.

You will need:

- 500 grams flank steak
- 1 teaspoon cumin powder
- 1 chopped onion
- 1 piece green bell pepper, chopped
- 2/3 cup tomato sauce
- 3 garlic cloves, minced
- A cup of beef broth
- 1 spoon olive oil

How to Prepare:

- Heat the pan and brown the steak on all sides -about 3 minutes each.
- Place the beef in the pot; pour in the tomato paste, bell pepper, cumin, onion and olive oil.
- Make sure all ingredients are blended well. Cook for 10 hours on low heat or 4 to 5 hours on high heat.
- Once cooked, shred the meat with fork and eat with tortilla or rice. You may serve along sour cream for that extra kick.

## **Recipe 4: Fiery Beef Chili**

This is a classic favorite with a hint of smokiness in it. Eat as nacho/taco dips or serve over white rice.

You will need:

- 500 grams beef chuck, grounded
- 250 grams rib eye steak, sliced into small cubes
- 1 cup chopped onion
- 1 cup red kidney beans
- A can of roasted tomatoes,
- 240 ml tomato sauce
- 8 garlic cloves, minced
- A teaspoon of chili powder
- 1 spoon ground cumin
- 3 cups low salt broth
- 1 spoon olive oil

How to Prepare:

- Heat the pan, add oil and brown the ground beef for 5 to 6 minutes. Put the browned meat to the crock pot cooker.
- Brown the sliced rib eye steak beef for 7 to 8 minutes and add in to the cooker.
- Add the rest of the ingredients and stir thoroughly. Cook for 8 to 10 hours. Serve and enjoy!

Tip: You may top this dish with shredded cheese, avocado slices or jalapeno peppers for added spiciness.

## **Recipe 5: Beef Brisket Barbecue**



Making beef brisket barbecue is super easy that you can have this dish every single night without even sweating out.

You will need:

- 1 kilogram beef brisket
- 1 small onion, chopped
- 4 spoons brown sugar
- 1 spoon garlic powder
- 2 spoon Worcestershire sauce
- 1 cup tomato ketchup
- 1 teaspoon paprika
- 1 spoon minced garlic
- 1/3 cup apple cider vinegar
- 1 cup low salt broth
- A pinch of salt and pepper

How to Prepare:

- Combine the paprika, garlic, brown sugar in a bowl and rub it in the beef brisket. Make sure all sides are covered. Put it in the cooker.
- In another bowl, combine the apple cider vinegar, Worcestershire sauce, ketchup and stir thoroughly. Pour to the meat.
- Cook for 6 to 8 hours. Once cooked, lift the meat in a chopping board. Let it stand for 15 minutes. Slice the meat thinly and spread some sauce on top. Enjoy!

## **Chapter 5 – Crock Pot Seafood Recipes**

Seafood is something that gives a smile on your face especially on special dinner nights. Here are some amazing seafood recipes you might want to try:

### **Recipe 1: Lemony Fish Fillet**

Cooking fish with a hint of citrus gives off fresh flavors. Try this one at home and get yourself filled up with something light and delicious.

You will need:

- 300 grams fish fillet
- 1 small onion, chopped
- 1 spoon lemon rind
- 1 spoon olive oil
- ½ cup parsley, chopped
- A bit of butter
- A pinch of salt and pepper

How to Prepare:

- Coat the pot with butter. Season the fish with a dash of salt and pepper.
- Put the fish in the pot, and add in the lemon rind, onion, parsley and olive oil.
- Cook for 1 hour and 30 minutes to 3 hours. Serve and enjoy!

### **Recipe 2: Hearty Simmered Seafood**

This is a seafood stew recipe that is savory and enriched with interesting flavors. Cooking this dish is almost effortless.

You will need:

- 400 grams jumbo shrimps
- 400 grams fish fillet
- 150 grams clam, chopped
- 2 large onions, chopped
- ¾ cup chopped celery
- A can of diced tomatoes
- 1 spoon of balsamic vinegar or red wine
- ½ teaspoon sugar
- A pinch of salt and pepper
- A pinch of pepper flakes

How to Prepare:

- Combine all the ingredients in the pot aside from the seafood.
- Cook for 3 to 4 hours then add the seafood.
- Cook for another 30 minutes. Eat with pasta or rice. Enjoy!

### **Recipe 3: Tasty Salmon Crock Pot Surprise**

Salmon is a delicious fish and filled with healthy fatty acids. You can make this simple, yet incredible dish at home:

You will need:

- 3 pieces salmon, about 1 pound each
- A can of onion soup
- A can of tomato puree
- 2 spoons lemon juice
- A cup of bell pepper, chopped

- 2 chicken cubes
- 6 whole eggs
- 5 cups bread crumbs
- Half a cup of milk
- A can of celery soup

How to Prepare:

- Mix in all the ingredients in the pot aside from the milk and celery soup.
- Cook for 4 to 5 hours on low heat or 3 hours on low heat.
- Combine the milk with celery soup until thick enough. This serves as the sauce.
- Serve and enjoy!

#### **Recipe 4: Crockpot Seafood Chowder**

This is definitely one of the best-tasting seafood chowder you will ever have. And the best part is, cooking it is easy.

You will need:

- 250 grams shrimp
- 250 grams crab meat (frozen)
- 150 grams chorizo, sliced
- 150 grams bacon, diced
- 3 garlic cloves, minced
- Half a cup of celery
- A can of tomatoes
- A cup of green bell pepper
- 1 small onion, chopped
- ½ teaspoon thyme powder

- 2 ½ cups low salt chicken broth
- A handful of string beans, chopped
- A cup of cream
- A pinch of salt and pepper

How to Prepare:

- Brown the bacon and chorizo in a pan and scoop them out into the pot.
- Saute the garlic in the same pan along with the onion, celery and green pepper.
- Transfer the vegetables to the crock pot cooker and add in the tomatoes, broth, thyme powder and a dash of salt.
- Cook for 4 hours on low heat and 2 hours on high heat. Add the seafood, string beans and cream. Cook for another 40 minutes. Serve and enjoy!

### **Recipe 5: Cheesy Tuna Pasta**

Fish in a pasta dish is surely a healthy and tasty treat. Try this and taste what it ' s like.

You will need:

- 250 grams tuna meat, cubed
- 1 small onion, chopped
- ½ cup shredded carrots
- Half a cup tomato paste
- 1 ½ cup tomato sauce
- Half a teaspoon dried basil
- A pinch of salt and pepper
- 1 celery stalk, chopped
- A teaspoon of sugar

### How to Prepare:

- Put all the ingredients in the crock pot.
- Cover and let it cook for 6 to 7 hours. Add a bit of water if desired to thin the sauce.
- Serve it on top of pasta – spaghetti, fettuccine etc. Enjoy!



## **Chapter 6 – Crock Pot Vegetable Recipes**

Vegetables should always come in your meals. It is always nice to pair a nicely baked potato on a steamy and savory barbecue. Or, the vegetable dish itself is may be the core of your meal. Here are some more vegetable recipes you can cook on your crock pot:

### **Recipe 1: Creamy and Cheesy Corn**

This corn recipe is a perfect pair of your roast meat dishes. It is so good you can even eat it on its own.

You will need:

- 500 grams corn kernels (frozen)
- Half a cup of milk
- Half a cup of butter
- 240 grams cream cheese
- Salt and pepper
- 1 spoon sugar

How to Prepare:

- Combine all the ingredients in the crock pot.
- Cover and cook for 4 to 6 hours on low heat or 2 to 3 hours on high heat.
- Serve and enjoy!

### **Recipe 2: Vegetable Stew**

This is a very easy vegetable stew that will save you from hours spent in the kitchen. Simply combine all the ingredients, do your chores, or take a rest then taste its goodness.



You will need:

- 250 grams black beans, soaked for 6 to 8 hours
- A cup of raw quinoa
- 1 cup bell pepper, chopped
- 1 onion, diced,
- 4 cloves garlic, crushed
- 2 to 3 pieces chipotle peppers (dried)
- 2 small cans of diced tomatoes
- Half a teaspoon cinnamon powder
- A handful of fresh cilantro, chopped
- A pinch of salt and pepper

How to Prepare:

- Put all the ingredients in the crockpot aside from salt, and stir thoroughly.
- Cook for 8 to 10 hours on low heat or 4 to 6 hours on high heat.
- Add in the salt once cooked. Top with your choice of toppings like avocado, cilantro or citrus wedges. Enjoy!

Tip: Add the salt at the end since it could affect the cooking of the beans.

### **Recipe 3: Mediterranean Style Veggie Curry**

This is a highly flavorful vegetable dish that is best served on top of couscous.

You will need:

- 3 cups potato cubes
- 5 cups tomatoes, cubed
- 1 cup bell pepper

- 1 large onion, chopped
- 5 pieces okra, sliced 1 inches thick
- 2 to 3 spoons of curry powder
- 2 garlic cloves, minced
- Half a teaspoon cayenne pepper
- A cup of plain yogurt

How to Prepare:

- Combine all the ingredients in the pot and stir thoroughly.
  - Cook for 8 to 10 hours on low heat.
  - Serve with steaming couscous and topped with yogurt, raisins or fruit-flavored chutney.
- Enjoy!

#### **Recipe 4: Classic Vegetable Chili**

The crowd will surely love this classic vegetable chili recipe. It is perfect for family dinner nights and even when hosting a party at home.

You will need:

- 400 grams kidney beans
- 400 grams vegan beans
- A can of black bean soup
- 400 grams tomato puree
- A can of whole corn kernels
- A cup of green pepper
- 1 large onion, chopped
- 3 garlic cloves, minced
- 3 celery stalks, chopped

- 1 spoon of basil (dried)
- 1 spoon of oregano powder
- 1 spoon of chili powder
- Salt and pepper

How to Prepare:

- Put in all the ingredients in the crock pot and leave salt behind.
- Cook for 2 hours on high heat or 4 hours on low heat.
- Season with salt once cooked. Enjoy!

### **Recipe 5: Crockpot Artichokes**

This artichoke recipe is perfect on a weekday night. This recipe is easy to do:

You will need:

- 4 to 5 pieces artichokes
- 3 tablespoon lemon juice
- Half a tablespoon salt

How to Prepare:

- Wash the artichokes thoroughly and remove the stems.
- Cut about an inch off the top and arrange them in the crockpot cooker.
- Combine the lemon juice with salt and pour onto the artichokes.
- Add in some water and let it cook for 8 hours on low heat and 3 to 4 hours on high heat.

Tip: It is best enjoyed by dipping leaves in melted butter. Use your teeth to extract the meaty part of the leaves.

## **Chapter 6 – Crock Pot Dessert Recipes**

Who would have thought that you can actually use your crock pot to make tempting desserts? Check out these recipes:

### **Recipe 1: Crockpot Peach and Cinnamon Dessert**

This peach dessert can certainly satisfy cravings for sweet. You would not believe it came out of a crock pot.

You will need:

- 2 to 3 cups sliced peaches (frozen)
- 1 teaspoon vanilla extract
- 1/3 cup brown sugar
- A pinch of cinnamon
- 3 tablespoon butter (melted)
- 250 grams white cake mix
- 1 spoon cornstarch

How to Prepare:

- Coat the pot with a bit of butter and arrange the peaches.
- Pour the brown sugar, vanilla all over the peaches.
- Add in the cake mix and cinnamon powder. Pour the melted butter on top.
- Let it cook for 3 to 4 hours on high heat or 8 to 10 hours on low heat. Enjoy!

### **Recipe 2: Crockpot Choco Cake**

Chocolate cake is a classic dessert, and you can easily make it using your crockpot.

You will need:

- 2 cups all purpose flour
- 1 cup cocoa powder
- 2 cups sugar
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 1 spoon vanilla extract
- 1 ½ cup of milk
- 3 spoons vegetable oil
- 1 cup hot water

How to Prepare:

- Combine all the dry ingredients in one bowl, and all the wet ingredients in another bowl.
- Pour the wet ones to the dry ingredients along with the hot water and whisk thoroughly.
- Pour the batter into the pot.
- Cook for 3 to 4 hours on low heat. Allow the cake to rest for 20 to 40 minutes. Enjoy!

### **Recipe 3: Spiced Nutty Apple Delight**

This apple dessert recipe is so good and best paired with a whip cream or vanilla ice cream on top.

You will need:

- 6 apples, core and skin removed, chopped
- 1/3 cup brown sugar
- ½ cup white sugar
- 1/3 cup butter
- 1 cup flour

- 1 teaspoon cinnamon
- ½ teaspoon nutmeg
- 1 spoon cornstarch
- A cup of walnuts, chopped
- 2 spoons citrus juice

How to Prepare:

- Combine the brown sugar, half of the white sugar and cinnamon, salt and nutmeg in a bowl.
- Mix in the flour and butter using fork. Add in the walnuts. Keep it for later use.
- Whisk the remaining cinnamon and sugar then add in the cornstarch.
- Put the apples in the pot, pour some citrus juice. Top with the crumbly mix with walnuts.
- Cook for 4 hours on low heat and 2 hours on high heat.
- Cook for another 30 minutes with the lid partially open to let the top crisps.
- Serve with vanilla ice cream or cream. Enjoy!

#### **Recipe 4: Yummy Squash Cake**

This recipe turns out to a moist and scrumptious squash cake meant to give a delicious finish to every meal.

You will need:

- 1 pack of yellow cake mixture
- A cup of squash, boiled
- 5 eggs
- Half a cup of water
- 3 spoons vegetable oil

For the cake frosting:

- 120 grams softened cream cheese

- ¼ cup butter
- 1 ½ powdered sugar
- Half a teaspoon vanilla extract

How to Prepare:

- Mash the pumpkin and set it aside.
- Combine the cake mix, eggs, vegetable oil and water in a bowl. Whisk briskly for 1 to 2 minutes.
- Pour the batter to the pot and cook for 2 hours on high heat. Let it rest for 10 to 15 minutes. Slice in two to make two thin layers.
- In another bowl, combine the butter, cream cheese and vanilla. Whisk until smooth and even. Slowly add in the powdered sugar. Spread on top of one layer, top with the other layer. Spread the frosting on top. Garnish with chopped walnuts. Enjoy!

### **Recipe 5: Crock Pot Choco-Nut Candy**

This is probably the best and easiest crockpot dessert you will ever make.

You will need:

- 500 grams roasted nuts – walnuts/peanuts/cashew
- 400 grams chocolate chips
- 4 chocolate bars

How to Prepare:

- Place all the ingredients into the crock pot.
- Cook for 3 hours under low heat. Allow to rest for at least 30 minutes.
- Stir well and pour over wax sheets or cookie trays. Divide evenly using a spoon.
- Lift them up using a wooden spatula. Enjoy!

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to get the most out of the crock pot recipes presented in the book. Using crock pot for cooking is definitely something that would benefit you in your everyday life. Admit it, you don't want long hours watching over the stove since you've got lots of things to do – clean the house, do the laundry, pick up the kids, finish work and the likes.

Well, you don't have to worry too much about cooking when you know how to cook effortlessly and still come up with delicious and healthy meals. This is what crock pot cooking is all about.

The next step is to try the crock pot recipes in this guide and even experiment on cooking other crock pot recipes that you have crafted on your own. Make home cooked meals spiced up your life. There will never be a stressful moment in the kitchen ever again.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

[Click here to leave a review for this book on Amazon!](#)

Thank you and good luck!



# Java Bootcamp

# **Learn the Basics of Java Programming in 2 Weeks**

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## Introduction

I want to thank you and congratulate you for downloading the book, *“Learn the Basics of Java Programming in 2 Weeks”*.

This book contains proven steps and strategies in learning the basics of Java programming in two weeks. You should be able to create simple programs after reading this book, or while learning it as you apply the things that you have learned while coding your program.

It is important that you have basic computer knowledge before jumping to Java programming. It also helps if you know other programming language as well. You can design one program flow and use it in different programming languages. It's like writing a novel in English language and translating it to different languages. However, there is a reason why a programmer chooses a particular programming language for the designed program flow. You can say that each programming language has a distinct feature that a programmer needs for the output that he has in mind.

Java has many uses, and it is not difficult to learn it. When learning a programming language, it is always easier to learn by example. Expect to see lots of sample programs in this tutorial, and expect that you will do some on your own. You will be provided with the output so you will know if you did it right.

The basic Java programming syntax will be provided in this book as well as the list of reserved words that you should avoid using as variable name.

You will be more than glad that you picked this book for your Java programming basic learning.

Thanks again for downloading this book, I hope you enjoy it!



## **Chapter 1: Welcome to the World of Java Programming**

Java is considered a high-level programming language designed to create powerful, secure applications. It runs on various platforms or operating systems, like Windows, Mac OS X, Linux, and several versions of UNIX. Java is a programming language known for its flexibility, maintainability, and scalability.

First, you need to install Java in your computer or you can go [here](#) for online coding. As stated in the introduction of this ebook, you need to have basic computer knowledge. It also helps a lot if you are familiar with a particular programming language or Java.

### **A Bit of Java History**

James Gosling founded Sun Microsystems. In June 1991, Gosling began the Java language project. It was initially called Oak, and then Green. In the end, it was named Java for no particular reason. Java 1.0 was released in 1995. The current Java Standard Edition is Java SE8.

On 2007, Java's core code was released as free and open source software, apart from a tiny segment of code that Sun had no copyright.

### **Java has Several Advantages**

Java is object-oriented, which means that everything is an object when it comes to Java. It can be extended with ease.

It is also considered platform independent, unlike most programming languages such as C and C++. When you compile Java, you don't compile it into platform-specific machine; rather you compile it into byte code. The said byte code is disseminated over the web and a virtual machine interprets it.



Java is simple, it is easy to learn. However, it is best for you to have a deeper understanding of the concepts of Object Oriented Programming (OOP) so it will be easier for you to master Java. One of the main advantages of object-oriented programming over procedural programming is its ability to let a programmer create different modules that don't need modifications even if he adds a new type of object. You will understand more of it when you enhance your knowledge regarding OOP while you learn Java programming.

Java has secure features; it has the ability to help you create a tamper-free, virus-free system.

The Java compiler can generate an architectural-neutral object file format. The compiled code is executable on many processors with Java runtime system. This also makes Java portable.

Java is dynamic; many programmers believe that it is actually more dynamic than C++ or C. Java can effectively adapt to any environment.

There are more advantages of Java, and you will discover them all as you learn Java programming and gain further knowledge regarding the beauties of OOP.

## **Things that you will Need to Start your Journey into the World of Java Programming**

You need a computer powered at least by an Intel Core2Duo processor, and has a minimum of 1GB of RAM. These are actually the most basic, if not lower, specs of most computers you can buy today. If you can play videogames on your computer then it has more than enough power for Java programming.

Your Operating System (OS) should be Windows XP, Windows 7, Windows 8, or Linux.

This book has provided the set up paths for the said platforms, although it is recommended to use the provided link for online coding to get your started immediately.

You need to choose Java JDK8 if you choose to install Java in your computer.

You also need to get Microsoft Notepad or other text editor.

## **Local Environment**

If you would like to create a local environment set up for your Java programming, then you need to go to this [link](#) to download Java for free, make sure to choose the version that is compatible with your OS.

After choosing the right Java for your OS, follow the instructions to download Java properly and run the “.exe” file that will allow you to install Java in your computer. Once installed, you need to set the path for your particular platform.

## **The Path for Windows**

Let us assume that you have successfully installed Java in your computer, it looks like this when you try to view the directory:

*c:\Program Files\java\jdk*

Point your cursor on ‘My Computer’ and click on it. Once you have opened it, right-click on it and choose ‘Properties’ (located at the bottom part of the choices).

Under the ‘Advanced’ tab you will see a button that says ‘Environment variables’, you need to click on it.

You need to modify the ‘Path’ variable next. It needs to contain the path to Java.exe. If your current path is set to:

C:\WINDOWS\SYSTEM32, you need to change the path to read:

C:\WINDOWS\SYSTEM32;c:\Program Files\java\jdk\bin

## **The Path for Linux, UNIX, Solaris, FreeBSD**

You need to set the environment variable PATH to properly point the location where the Java binaries are installed. You can refer to your shell documentation if you encounter some trouble setting the path.

If you use 'bash', for example, then you need to add 'export PATH=/path/to/java: \$PATH', it would appear like this:

```
.bashrc: export PATH=/path/to/java:$PATH
```

## **The Popular Java Editors**

The programming languages in the past did not need text editors, unlike most modern programming languages, but you need to use one for Java programming. There are several sophisticated IDEs (Integrated Development Environment) that you can use for your Java programming. IDE is a software application that presents or gives comprehensive facilities for software creation or development that programmers can use. IDE typically consists of build automation tools, debugger, and text editor.

Here are some of the most popular text editors that you can use:

1. Notepad – if your computer runs on Windows, then you can use the built-in Notepad editor to write your code.
2. Netbeans - is actually a Java IDE that you can download free from this [link](#).
3. Eclipse - is another Java IDE that is created by the eclipse open-source community. You can download it free from this [link](#).

Once you have everything ready, we can proceed to learning the basics of Java programming that can take you closer to your goal of creating a Java program all on your own.



## Chapter 2: “Hello Java”, the First Encounter

The “Hello” program is the first lesson that beginners at programming learn, and for so many reasons. The program introduces you to the first things that you need to do first to begin coding your program as well as some of the syntax that you need to learn and use.

For the samples, we will use the online coding (the link was provided earlier) for uniformity. You can use your own Java.exe later. The actual online Java console presents different font colors. We will only use different color fonts in our sample if there is certain command or character / symbol that must be explained in details.

### Hello Java, the Basic Syntax

Take a look at the sample program below and we will analyze it line by line:

```
1  public class FirstProgram {  
2  
3      /* This is the first sample.  
4         * We will print 'Hello Java' as the output  
5         */  
6  
7      public static void main(String []args) {  
8          System.out.println("Hello Java"); // prints Hello Java
```

```
9 }
```

```
10 }
```

By the way, it is extremely important to keep in mind that Java is case sensitive. The identifier 'Hello' and 'hello' are not the same when it comes to Java programming. Make sure to define everything correctly and use the identifiers in their right cases consistently throughout the program.

The first line bears the class name 'FirstProgram'; do not put spaces in between the words that make up the class name. The first letter of the next word, that's included in the class name, should be in upper case. Your program should always begin with 'public class' (all in lower case) followed by the class name. Do you see the yellow bracket at the end of the class name? Don't forget to include it as well. It serves as a mark that the things after it are the code of your program.

Your program file name should bear the same name that you assigned as class name.

When saving the file name, just add '.java' after the file name. Take a look at the example above. When you save it, write 'FirstProgram.java'.

The second line is empty to make the codes more readable.

The third line starts with '/\*', and on the fifth line you have '\*/'. You use them when you need to include a multi-line comment, which the compiler will not treat as part of the program. You usually include comments to explain a little about the program, a sort of reminder to yourself or to help the programmer assigned to maintain the program.

The seventh line contains the method name, and all the method names should be written in lower case. The method name is always written like this:

```
public static void main(String []args) {
```

The bracket at the end of the method name prompts the program to do everything enclosed within the brackets (in our example the closing bracket is found in line 9).


In the example, line 8 contains a command that tells the program to print ‘Hello Java’ on screen. There should be a semi colon (;) at the end of the command sentence. The ‘//’ symbol is another comment, and it is the symbol to use if you only need to make a single line comment.

The ‘.println’ is the command that tells the program to print the ones inside the parentheses.

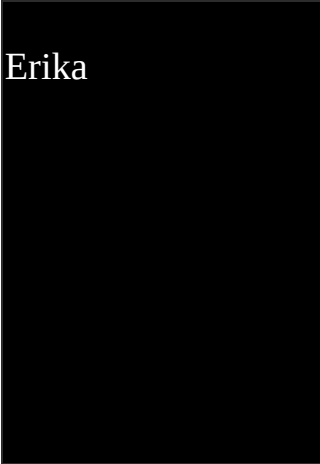
Make sure that each beginning bracket has a closing bracket. In the example, the beginning bracket in line 1 has closing bracket in line 10. The beginning bracket in line 7 has closing bracket in line 9.

Here’s another:

```
1 public class FirstName {  
2     public static void main(String []args) {  
3         System.out.println("Erika");  
4     }  
5 }
```



It will yield this result:



Erika

Also, make sure to indent properly to make the codes more readable.

You will learn more about the data types and variables in the next chapter.





## Chapter 3: Data Types and Variables

In this chapter, you will learn about the different data types that you will work on, as well as assigning value to a variable. You will also learn the reserved words that you should not use as variable name.

### The Integer (*int*)

An integer is either a positive or negative number. Zero is also considered an integer.

*int* is short for integer in Java programming, and you will know its use later. You don't need to enclose the integer in quotes if you want to print it.

Take a look at this program:

```
1 public class IntPrinting {  
2     public static void main(String []args) {  
3         System.out.println(10);  
4     }  
5 }
```

It will yield this result:

```
10
```

The *int* data type can only accept the values between -2,147,483,648 and 2,147,483,647.

Any number that you put inside the parentheses of 'System.out.println();' will be printed, as long as you follow the correct syntax like the given example.

### **The Boolean (*true* or *false*)**

A *boolean* data type can only be either true or false. It won't yield any other answer. You don't need to put it in quotes because the program recognizes *true* and *false* as the legitimate value for *boolean*.

Take a look at the sample program:

```
1 public class BooleanPrinting {  
2     public static void main(String []args) {  
3         System.out.println(true);  
4     }  
5 }
```

It will yield this result:



True

Try replacing *true* inside the parentheses with 'me', like this:



```
1 public class BooleanPrinting {  
2     public static void main(String []args) {  
3         System.out.println(me);  
4     }  
5 }
```

It will yield this result:

```
/tmp/java_FlX6ZW/BooleanPrinting.java:3: error: cannot find symbol  
  
    System.out.println(me);  
                        ^  
symbol:   variable me  
location: class BooleanPrinting  
1 error
```

It does not recognize the word ‘me’ because it is a string. When printing strings, you need to write it within the quotes.

### **The Character (*char*)**

The character or *char* data type represents a single character. All values must be enclosed in single quotes; otherwise you will get an error message.

Take a look at the sample below:

```
1 public class BooleanPrinting {  
2     public static void main(String []args) {  
3         System.out.println('r');  
4     }  
5 }
```

It will give this result:



r

The *int*, *boolean*, and *char* are Java's basic data types. You will encounter more of them later.

## Using Variables

You can store a value to a variable in Java programming, and other programming languages have such feature as well. When you use a variable in Java, you need to specify the data type.

Here is the list of the Java reserved words that you should not use as variables:

abstract	assert	boolean	break	long

byte	case	catch	char	private
class	const	continue	default	short
do	double	else	enum	switch
extends	final	finally	float	native
for	goto	if	implements	new
import	instanceof	int	interface	package
transient	protected	public	return	super
synchronized	static	strictfp	throws	this
volatile	while	try	throw	void

Remember that you should not begin your variable in upper case, although you can use upper case within the variable name like this:

```
int myFavoriteNumber = 10;
```

You need to write *int* in the beginning to identify the data type, ‘myFavoriteNumber’ is the variable name, and ‘10’ is the value assigned to it.

Try this on your own:

1. The *int* variable mySampleNumber must be equal to 6.
2. The *boolean* variable mySampleAnswer must be equal to *true*.
4. The *char* variable mySampleLetter must be equal to L.

Just assign each variable the value that the instruction tells you to assign. When you run the program you won’t see the values printed onscreen. If you want to print the values,

then you need to add `System.out.println()` in your program, how will you do it? Hint – each variable that you need to print must have its own `System.out.println()`, make sure to write the correct one and it should not be the real value of the variable.

Just this once, you need to add these lines to your program:

```
8  System.out.println(mySampleNumber);  
9  System.out.println(mySampleAnswer);  
10 System.out.println(mySampleLetter);
```

You will get this output:

```
6  
  
true  
  
L
```

Now you're ready for a more challenging, yet fulfilling lessons.





## Chapter 4: Useful Tables, Keep them Handy

This chapter contains the different tables that you need to keep handy because they serve as your quick reference in learning Java. If you can memorize them quickly, then it's so much better.

### Java Numeric Operators

Most programming languages use the same symbols for their numeric operators. If you already know a modern programming language, then you will notice that the signs for numeric operators of Java are mostly the same with that of the programming language that you are familiar with.

JAVA NUMERIC OPERATORS		
Sign	Operand	Example
+	Addition	8 + 7
-	Subtraction	26 - 9
*	Multiplication	9*5
/	Division	81/3
%	Remainder	23%3

## Java Comparison Operators (also known as Relational Operators)

If you are familiar with the comparison operators of other modern programming language, then memorizing the table below would be easy.

JAVA COMPARISON OPERATORS	
less than	<
less than or equal to	<=
greater than	>
greater than or equal to	>=
equal to	==
not equal to	!=

## Boolean Logical Operators

The boolean logical operators are different from the comparison operators, be careful when using them.

BOOLEAN LOGICAL OPERATORS	
NOT	!
AND	&&
OR	
EXCLUSIVE OR	^

## The Different Truth Tables

TRUTH TABLE FOR 'NOT'	
A	!A
False	True
True	False

TRUTH TABLE FOR 'AND'		
E1	E2	E1 && E2
False	False	False
False	True	False
True	False	False
True	True	True

\*E1 means expression 1 and E2 means expression 2, it's the same with the rest of the tables.

TRUTH TABLE FOR 'OR'		

E1	E2	$E1 \parallel E2$
False	False	False
False	True	True
True	False	True
True	True	True

TRUTH TABLE FOR 'EXCLUSIVE OR'		
E1	E2	$E1 \wedge E2$
False	False	False
False	True	True
True	False	True
True	True	False

It would be better if you could memorize the different tables right away so you don't need to look whenever you need to confirm something. You will need the tables for the lessons in the succeeding chapters.



## Chapter 5: Do the Math and Other Things

It's time to do the Math, the Java way. You can add, subtract, multiply, divide, and get the remainder. It is not difficult to understand, and you will surely appreciate the numerical operators once you started coding your own program. If you still haven't memorized the signs of the different numerical operators in Java, then you can always go back to Chapter 4 to see the table for numerical operators.

### Trying your Hands on Java Addition

You can create a program like this:

```
1 public class AdditionProgram {  
2     public static void main(String []args) {  
3         System.out.println(5 + 9);  
4     }  
5 }
```

You can also make use of variables like this:

```
1 public class AdditionProgram {  
2     public static void main(String []args) {  
3
```

```
4  int a = 5;

5  int b = 6;

6  System.out.println(a + b);

7

8  }

9  }
```

## Trying your Hands on Java Subtraction and other Mathematical Operations

Turn the above example as your guide in creating a simple Java program for subtraction, multiplication, division, and remainder (also called modulo). You can try practicing on your own until you get the hang of it. The more you practice, the more you find it less challenging. You will find it more comfortable to work with Java when that happens.

## The Comparison Operators

Comparison operators are also called relational operators. They compare data types, and always give you a boolean value, which is either *true* or *false*. If you are still not familiar with the table, then you can go back and look at it when you start working with relational operators.

A comparison operator goes between two data, known as operands. If you will print this statement:

```
System.out.println(9<7);
```

You will get *false* for an answer. A Java program recognizes that it should give a boolean answer when presented with a statement that bears a relational operator.

The equal to (==) and not equal to (!=) operators are also known as equality operators. In Java programming, the programmer can use the equality operators to test the equality of the data. The programmer can test the equality across *int*, *boolean*, or *char* data types. Take the example below:

```
char sampleChar = 'L';  
int sampleNum = 5;  
System.out.println(sampleChar==sampleNum);
```

The above example will print 'false' onscreen because the value in variable sampleChar is not the same as the value that the variable sampleNum holds.

### **Some Exercises to Try**

Now you can test how much you have learned with this simple programming exercise.

Don't worry; you will see the correct codes later if you find it a bit challenging. If you see an error message, read the message and try to figure out the mistake that you made.

Sometimes, a simple typo error can jeopardize the whole program, unless you spot it immediately. Make sure that you are using your upper cases and lower cases correctly.

1. Declare 'this is my program' as your class; make sure to write it correctly when coding your program.
2. Write a single line comment, anything will do.
3. Assign the value 'false' to the boolean variable isAnything.
4. Assign the value '789' to the int variable isTooMuch.
5. Assign the value of isTooMuch multiplied by 3 to int variable isMuchMuch.
6. Print the value isAnything, isTooMuch, and isMuchMuch.

Try coding the given sample first, on your own, before looking at the answer. You can



also try practicing more.

If you are finished, you can look at the answer below. Did you get the same?

```
1  public class ThisIsMyProgram {  
2      // this is my single line comment  
3  
4      public static void main(String []args) {  
5  
6          boolean isAnything = false;  
7          int isTooMuch = 789;  
8          int isMuchMuch = isTooMuch * 3;  
9          System.out.println(isAnything);  
10         System.out.println(isTooMuch);  
11         System.out.println(isMuchMuch);  
12  
13     }  
14 }
```

Now that you know about the Java basics, let's take it a notch higher. You need to be ready for an intro to control flow.



## Chapter 6: The Selection Statements

The Java control statements regulate the Java program's order of execution. There are three major categories that you need to understand, and they are:

1. The selection statements *if*, *if-else* and *switch* statements.
2. The loop statements *while*, *do-while* and *for*.
3. The transfer statements *break*, *return*, *try-catch-finally*, *continue*, and *assert*.

We use any of the mentioned statements (depending on the needs of the program) if you want to alter the default execution order. For the Java basics, we will discuss about the selection statements and a bit of loop statements.

### The Selection Statements

Under this category are: *if* statement, *if-else* statement, and *switch* statement.

#### Dealing with the *if* Statement

The *if* statement tells the computer to execute a particular block of codes only if the expression within the *if* statement proves to be true. If the statement is false, then the block of codes will not be executed. The execution will continue for the rest of the codes in the program assuming there are no more selection statements that may prompt the execution due to certain condition.

The *if* statement follows this syntax:

if (<conditional expression>)

<statement action>

Look at the sample below:

```
1  public class SampleIfStatement {  
2  
3  public static void main(String[] args) {  
4      int a = 20, b = 30;  
5      if (a > b)  
6          System.out.println("a is greater than b");  
7      if (a < b)  
8          System.out.println("b is greater than a");  
9  }  
10 }
```

What do you think will this program print?

Understanding the if-else (or nested if) Statement

Like the *if* statement, the if-else statement also commands the computer to execute a

particular block of codes under the if statement only if the expression within the statement is true. If the statement is false, then the else statement must be executed next and only if the condition within the else option is satisfied.

The if statement follows this syntax:

```
if (<conditional expression>) {  
    <statement action>  
} else {  
    <statement action>
```

Take a look at the sample program below:

```
1  public class IfElseStatementDemo {  
2  
3  public static void main(String[] args) {  
4      int a = 20, b = 20;  
5      if (a > b) {  
6          System.out.println("a is greater than b");  
7      } else if (a < b){  
8          System.out.println("b is greater than a");  
9      } else {
```

```
System.out.println("a is equal to b");
```

```
10
```

```
11 }
```

```
12 }
```

```
13 }
```

If you will try to analyze it:

Line 4 gives you the given data that the program needs to work with.

Line 5 has a condition that if  $a$  is greater than  $b$ , then it will print “a is greater than b”. If you will look at the given data, the statement is false, and that prompts the program to execute the next statement, which is else statement.

Line 7 presented another option or condition; unfortunately, it is still false.

All that's left is to print “ $a$  is equal to  $b$ ”.

The program won't execute the statement under the if or *else-if* statement because both statements are false. However, the else statement at the bottom does not present any condition and that tells the program to print “ $a$  is equal to  $b$ ”, which is actually true.

Try changing the given data in the program and see how the program responds.

## The Switch

The switch statement is also known as a case statement where you provide different options for the user and the program will execute it. The switch statement is similar to if-else statement wherein there are options presented and the program will seek the first option that proves to be true. It will execute the statement under the if-else option that returns a value *true*.

The switch statement is more orderly than the if-else statement. It is also easier to maintain the program if it's coded in an orderly fashion. If you have many options to present, then you should use the *switch* statement.

Here is the syntax for the *switch* statement:

```
switch (<non-long integral expression>) {  
    case 1:  
        <statement 1>  
  
        break;  
  
    case 2:  
        <statement 2>  
  
        break;  
  
    case n:  
        <statement 2>  
  
        break;  
  
    default:  
        <statement>
```



```
} // end of switch or case statement
```

Look at the sample program below:

```
1  public class SwitchCaseStatementDemo {  
2  
3  public static void main(String[] args) {  
4      int a = 10, b = 30, c = 20;  
5      int response = 0;  
6      if (a > b && a > c) {  
7          response = 1;  
8      } else if (b > a && b > c) {  
9          response = 2;  
10     } else if (c > a && c > b){  
11         response = 3;  
12     }  
13     switch (response) {  
14         case 1:  
15             System.out.println("a is the biggest number");  
16             break;
```

```
17     case 2:
18         System.out.println("b is the biggest number");
19         break;
20     case 3:
21         System.out.println("c is the biggest number");
22         break;
23     default:
24         System.out.println("Error encountered, try
again");
25     }
26 }
27 }
```

You need to initialize the *int* response, which you need for your *switch* statement. If you remove it, your program will not work.

You can change the data that you need to work with and see the result. You can try changing the condition under each *if-else* statements and see what happens. Make sure that when you change something, the change should be consistent with the whole program. Otherwise, your program won't work or will yield a different result.

## The Loop Statements

The loop statements are: *while* statement, *do-while* statement, and *for*.

### The *while* Statement

The *while* statement tells the program to continue doing the block of codes below it, while the condition or statement remains true. The program will only stop repeating or doing the instructions of the code when the statement becomes false.

This is the syntax for the while loop:

```
while (<loop condition>)  
<statements>
```

Here is the sample program:

```
1 public class SampleWhileLoop {  
2  
3     public static void main(String[] args) {  
4         int count = 1;  
5  
6         System.out.println("Output Numbers 1 -  
7         10");  
8  
9         while (count != 11) {  
10            System.out.println(count++);  
11        }  
12    }  
13 }
```

```
8    }  
  
9    }  
  
10 }
```

We need to initialize *int* count to 1. In Line 6, it only means that when count is already equal to 11, it won't print any more. In Line 7 'count++' tells the program to increment count by 1 so in the next loop it will print 2. It needs to increment count again and in the next loop it will print 3 and so on, and will only stop printing when count equals 11.

## The do-while Statement

The *do-while* loop or statement is the similar to the while statement, except the action is given first before the actual condition for the program to check before executing the statement. This can give the program more control because it makes sure that the loop will be performed at least once.

This is the syntax for the do-while statement:

```
do  
<loop body>  
while (<loop condition>);
```

Here is a sample program:

```
1  public class SampleDoWhileStatement {  
  
2  
  
3      public static void main(String[] args) {
```

```
4      int sheep = 1;

5      System.out.println("Output Numbers 1 - 10");

6      do {

7          System.out.println(sheep++);

8      } while (sheep <= 10);

9  }

10 }
```

## The for Loop or Statement

The *for* loop is applicable for a task or program that needs to execute a certain block of codes for a certain number of times. It's like repeating the same process repeatedly as long as the condition remains true. You need to initialize the counter that will control the loop.

This is the syntax that you need to follow:

```
for (<initialization>; <loop condition>; <increment expression>)
<loop body>
```

Here is the sample program:

```
1 public class SampleForLoop {
```

```
2
3     public static void main(String[] args) {
4         System.out.println("Output Numbers 1 - 10");
5         for (int number = 1; number <= 10; number++) {
6             System.out.println(number);
7         }
8     }
9 }
```

Look at Line 5, you need to initialize your counter 'number', set the condition that number must be less than or equal to 10, and increment number by 1. The next statement prints the counter number, which is initially '1'.

When counter number becomes 2, it is still less than 10, and the counter increments by 1 again. The next statement will now print '2'.

The whole cycle will repeat until the counter number = 10. The counter will still increment by one, and the last statement will print '10'.

Once the counter number turns 11 and it won't satisfy the next condition that the counter number should be less than or equal to 10. The program will no longer execute the remaining statements.

Java is easy and fun to learn. Keep on advancing and discover more wonderful things that you can do with Java programming.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to understand the Java basics that you need to know in order to create a Java program with ease.

The next step is to keep on practicing what you have learned and learning more commands as you go along.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

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# **C# Programming Bootcamp**

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Conclusion

## **Introduction**

I want to thank you and congratulate you for downloading the book, “ *Learn the Basics of C# Programming in 2 Weeks*.”

This book contains proven steps and strategies on how to study this powerful programming language within a 14-day period.

This eBook is designed for people who want to know the basics of C#. Basically, it aims to help you master this topic in just 2 weeks. To accomplish that goal, this book contains the important aspects of the C# programming language. It doesn't have unnecessary intros or side stories. This book will teach you what you need to know, so that you will be a proficient C# user after 2 weeks of studying.

### **In this book you will learn:**

- The basics of C#
- The structure of C# programs
- The basic syntax
- And much more!

Thanks again for downloading this book, I hope you enjoy it!

## **Chapter 1: C# - Basic Information**

C# is an advanced, versatile, and object-oriented language used in computer programming. Microsoft, one of the largest corporations today, developed this programming language as part of its product collection. To prove that C# is useful and reliable, ISO (International Standards Organization) and ECMA (European Computer Manufacturers Association) gave their approval for this computer language.

According to Microsoft, this C# language is designed for CLI (i.e. Common Language Infrastructure). CLI is composed of runtime environments and executable codes that allow the use of advanced programming languages on various computer architectures and platforms.

Here are the main reasons why professional programmers use C#:

- C# is an object-oriented language.
- C# is simple and easy to learn.
- C# is a component-oriented language.
- C# is a structured programming language.
- C# is high-level and versatile.
- C# can produce excellent programs.
- C# allows users to perform compilation using different computer systems.

### ***C# ' s Strongest Features***

C# has some similarities with older programming languages (i.e. C, C++, and Java). It possesses excellent features that attract millions of programmers worldwide. In this section, let ' s discuss C# ' s best features. Check the list below:

- Indexers
- Assembly Versioning
- Boolean Conditions
- Conditional Compilation
- Windows Integration
- Properties and Events
  - Simple Multithreading

### ***The C# Environment***

This section will discuss the requirements of C#. As you probably know, C# is one of the parts of the .Net framework. Thus, before studying what you can do with this language, you should be familiar with .Net.

### What is .Net?

This framework is an innovative program that allows users to write various applications. These applications are:

- Web services
- Web applications
- Windows applications

The applications designed for .Net can also work in other platforms. Basically, this framework is compatible with the following programming languages:

- C++
- C#
- Jscript
- COBOL
- Visual Basic

.

.Net is composed of a huge collection of codes. Here are some of the codes that you ' ll encounter:

- LINQ
- ADO.NET
- Windows Forms
- ASP.Net
- Common Type System

### C# ' s Integrated Development Environment

Microsoft offers various tools (e.g. Visual Web Developer) to C# programmers. You can just go to Microsoft's official site to get free programming tools. That means you can create lots of computer programs without spending any money. If you want, you may use Notepad (or other text editors) to create the source code for your applications. Then, use the built-in compiler of .Net to compile codes into assemblies.

### **How to Write C# Programs Using Mac or Linux Systems**

True, this framework was created for Windows computers. However, you can still run the .NET framework even if you are using other systems (e.g. Mac or Linux). For instance, you can use a .Net variant called "Mono." This variant has a pre-installed C# compiler and is compatible with different operating systems.

## Chapter 2: The Basic Structure of C# Programs

This chapter will teach you the fundamental structure of C# programs. This information can help you achieve your goal (i.e. to master the basics of C# within 2 weeks).

### *Writing Your First Program*

C# programs are composed of these parts:

- Classes
- Comments
- Expressions and Statements
- Namespace Declarations
- Class Attributes
- Main Methods

Analyze the screenshot below. It is an easy code that prints this phrase: “ Hello World ”

```
using System;
namespace HelloWorldApplication
{
    class HelloWorld
    {
        static void Main(string[] args)
        {
            /* my first program in C# */
            Console.WriteLine("Hello World");
            Console.ReadKey();
        }
    }
}
```

Once you have compiled and executed the code above, you ’ ll get this statement:

```
Hello World
```



Now, let ' s analyze the parts of that simple code:

- **using System;** - “**using**” is a keyword that can link namespaces with programs. In general, a single program contains many **using** statements. In this case, **using** is employed to attach **System** (i.e. a namespace) onto the program.
- **namespace** – This is the code ' s second line. Basically, a namespace is a group of different classes. In the example above, HelloWorldApplication (a namespace) contains HelloWorld (a class).
- **class** – This line is called “class declaration.” It indicates that HelloWorld holds the information needed by the program. In general, classes hold various methods. In this situation, however, the class contains a single method (i.e. “Main”).
- **Main** – This method serves as the entry point of all C# codes. Main specifies the capabilities of the class it belongs to.
- **/\* ... \*/** - The C# compiler ignores this line. You should use it if you want to add some **comments** into your program.
- **Console.WriteLine( “Hello World” );** - Main uses this statement to specify the behavior of the class.
  - **WriteLine** - This method belongs to a class named Console. WriteLine makes your screen display the code ' s message (i.e. Hello, World).
- **Console.ReadKey();** – This line is designed for users of VS.NET (i.e. Visual Studio .NET). Console.ReadKey() stops the screen from closing if you ' ll launch the program using VS.NET.

Here are four things that you should remember:

- You don ' t have to use the class name as the filename for your program.
- The execution of the program begins at **Main**.
- Each statement and expression must be terminated using a semicolon.
- The C# programming language is case-sensitive.

## ***How to Compile and Execute a C# Program***

### *Using Visual Studio .NET*

Here are the steps you need to take if you are using VS.NET:

1. Access Visual Studio.
2. Go to the menu bar and select “ File ” . Then, click on “ New ” and “ Project ” .
3. The screen will show you several templates. Look for “ Visual C# ” and select Windows.
4. Select “ Console Application. ”
5. Assign a name for the new project and hit “ OK. ” This action will create a project within Solution Explorer.
6. Enter the code into VS.NET ’ s Code Editor.
7. Run the program by pressing F5 or hitting “ Run. ” For the current example, a new window will display “ Hello, World. ”

### *Using the Command Line*

You may also use the command line to compile your C# programs. Here are the things you need to do:

1. Access your favorite text editor.
2. Enter the code given above.
3. Save the file into any directory and name it **hw.cs**.
4. Access your computer ’ s command prompt and specify the directory you chose for Step 3.
5. Compile the code by typing **csc hw.cs** and hitting the “ Enter ” key.
6. If you entered the code correctly, you will see an executable file named **hw.exe**.
7. Type **hw** to run the program.

8. The screen should display “ Hello, World. ”

## Chapter 3: The Basic Syntax

This chapter will discuss the syntax being used in C# programming. Study this material carefully since it can help you master this programming language within 2 weeks.

### *C# - An Object-Oriented Language*

As discussed in the first chapter, the C# language is object-oriented. That means each program is composed of different objects that can communicate with each other. Objects may perform actions (known as “ methods ” ).

To help you understand this concept, let ’ s analyze a simple object: a rectangle. The screenshot below shows the code for a Rectangle class. Let ’ s analyze this code while studying the basic syntax of C#:

```
using System;
namespace RectangleApplication
{
    class Rectangle
    {
        // member variables
        double length;
        double width;
        public void Acceptdetails()
        {
            length = 4.5;
            width = 3.5;
        }
        public double GetArea()
        {
            return length * width;
        }
        public void Display()
```

```

    {
        Console.WriteLine("Length: {0}", length);
        Console.WriteLine("Width: {0}", width);
        Console.WriteLine("Area: {0}", GetArea());
    }
}

class ExecuteRectangle
{
    static void Main(string[] args)
    {
        Rectangle r = new Rectangle();
        r.AcceptDetails();
        r.Display();
        Console.ReadLine();
    }
}

```

After compiling and executing that code, you ' ll get this result:

```

Length: 4.5
Width: 3.5
Area: 15.75

```

Now, let ' s discuss the parts of that code one by one:

- **using** – All C# codes start with this line. “ using ” is a keyword that can link namespaces inside C# programs. Again, one program can contain several “ **using** ” lines. That means you can include multiple namespaces in each of your programs.
- **class** – You should use this keyword to declare classes.
- **Comments** – You should use this part to explain your code. In general, the C# compiler ignores this section. Make sure that your multiline comments begin with /\* and end with \*/. Check the example below:

```

/* This program demonstrates
The basic syntax of C# programming
Language */

```

For single-line comments, on the other hand, use two slashes (i.e. //). Check the example below:

```
}//end class Rectangle
```

- member variables – These are the data members or attributes of the class. You should use variables to store data. For the current example, the class named Rectangle has 2 member variables: width and length.
- member functions – A function is a collection of commands that perform a certain job. In general, you should declare the functions of a class inside the class itself. In the program given above, Rectangle has 3 member functions: Display, GetArea, and AcceptDetails.

## ***C# Identifiers***

Identifiers are names used to determine classes, functions, variables, or any item defined by the programmer. Here are the rules you have to follow when naming classes in the C# language:

- Each name should start with a letter. You can continue the name using letters, numbers, and underscores. You can 't start an identifier 's name with a number.
- Your chosen name cannot contain spaces or special symbols (e.g. ?, +, %, and \*). However, as mentioned in the previous rule, you can use underscores when naming your identifiers.
- You can 't use any C# keyword as an identifier 's name.

## ***The Keywords of the C# Language***

Basically, a keyword is a reserved word that has a predefined function in the C# language. You can 't use keywords in naming identifiers. If you really want to do that, however, you may add the “@” symbol at the beginning of the keyword.

In this programming language, some identifiers (e.g. set, get, etc.) have special meanings. Programmers refer to these identifiers as “contextual keywords.”

You will see two tables below. These tables will show you the contextual keywords and reserved keywords in the C# language.

### **The Contextual Keywords**

set	get	let	add	group	alias	from
select	partial (method	global	partial (type)	dynamic	orderby	descending

ascending	into	remove	join			
-----------	------	--------	------	--	--	--

### The Reserved Keywords

as	if	is	In	do	try	int
new	for	out	ref	goto	this	else
void	true	lock	char	byte	base	case
bool	long	null	uint	using	sbyte	catch
const	break	short	throw	ulong	while	event
class	float	false	fixed	decimal	abstract	checked
continue	delegate	explicit	internal	double	default	finally
in (as a generic modifier)	readonly	return	sealed	interface	implicit	static
virtual	switch	sizeof	namespace	params	foreach	protected
stackalloc	string	override	operator	unchecked	volatile	private
object	public	unsafe	extern	enum	typeof	ushort
out (as a generic modifier)	struct					



## Chapter 4: The Different Types of Data in C#

This chapter will discuss the various types of data you ' ll encounter in C#. Study this chapter carefully. As a programmer, you ' ll be dealing with different kinds of data in your codes and statements. That means you should be knowledgeable about these data types.

In the C# language, variables are divided into five types. Let ' s discuss each type in detail:

### *The Value Type*

You can directly assign values to this kind of variable. If you need to use them, just access a class named System.ValueType.

These variables hold data inside them. That means they don ' t involve third-party tools or mechanisms. The list below will show you the value types available in C#:

- Int
- long
- char
- bool
- sbyte
- double
- decimal
- byte
- float
- ushort
- uint
- short

- `ulong`

### ***The Reference Type***

Variables that belong to this type don't store the data directly. Instead, they point to the variables that hold the data. That means you should use this type if you want to point towards a file directory or memory location.

### ***The Object Type***

C# users consider this as the core class of all data in this language. "Object" serves as the alias for a C# class named **System.Object**. You can use object types to store other kinds of data. Before you can assign values, however, you have to perform type conversions.

The process of converting values into objects is known as **boxing**. Converting objects to values, on the other hand, is known as **unboxing**.

### ***The Dynamic Type***

This kind of variable allows you to store any value. With dynamic variables, type checking occurs during runtime. Here's the syntax you need to use when declaring a dynamic data type:

`dynamic <the variable's name> = the value you want to assign;`

For instance:

`dynamic x = 99;`

Dynamic data types and object data types are almost identical. The only difference is in the timing of their type checking. Object variables perform this task during compile time. Dynamic ones, on the other hand, perform type checking during runtime.

### ***The String Type***

You can use this type to assign string values to your chosen variable. This type serves as the alias for a C# class named System.String. According to computer experts, string variables are derived from the object type.

You can use string literals (i.e. quoted or @quoted) to assign the value for string type variables. Check the following example:

---

```
string str = "Tutorials Point";
```

---

The @quoted string literal for that line is:

```
@"Tutorials Point";
```

## Chapter 5: The Variables

The term variable refers to memory locations that can be manipulated by computer programs. Every variable in this programming language belongs to a certain type, which specifies the following aspects:

- The size and structure of the memory used by the variable
- The values that you can store inside the variable 's memory
- The group of operations that you can apply to the variable.

You can categorize the value types in C# this way:

1. The Decimal Types
2. The Nullable Types
3. The Integral Types
4. The Boolean Types
5. The Floating Point Types

### ***How to Define a Variable***

When defining a variable, use the following syntax:

---

```
<data_type> <variable_list>;
```

---

In this syntax, you must replace “data\_type” with a data type in the C# language.

For “variable\_list,” you may add one or more identifiers. You should separate identifiers using commas.

### ***How to Initialize a Variable***

You can initialize variables using “=” (i.e. the equal sign). To complete the process, just add a constant expression after the equal sign. Here 's the basic syntax of variable

initialization:

```
variable_name = value;
```

You may initialize variables during the declaration phase. As discussed above, initialization is achieved by placing “=” followed by an expression. Here ’ s an example:

```
<data_type> <variable_name> = value;
```

To help you understand this concept, more examples are given below:

```
int x = 2, y = 3;          /* it initializes x and y */
```

```
byte d = 99;              /* it initializes d */
```

```
char a = ' a ' ;          /* the variable named a has ' a ' as its value */
```

According to expert programmers, you should always initialize variables correctly. If you won ’ t, your programs may behave unexpectedly or produce undesirable results.

### ***How to Enter a Value***

C# has a namespace called **System**. This namespace contains different classes, one of which is **Console**. This class offers **ReadLine()**, a function that accepts inputs from the users and stores them into variables.

For instance:

```
int num;  
  
num = Convert.ToInt32(Console.ReadLine());
```

**Console.ReadLine()** receives data as string variables. If you prefer to use the data as int variables, you may use a function called **Convert.ToInt32()**.

## ***The Rvalue and Lvalue Expressions***

The C# programming language supports two types of expressions:

1. rvalue – This kind of expression may appear on the right side, but never on the left side, of any assignment.
2. lvalue – This kind of expression may appear on the right side or left side of any assignment.

Variables are classified as lvalues. Thus, they can appear on either side of your assignments. The numeric literals, on the other hand, are classified as rvalues. That means you can 't assign them nor place them on the left side of your assignments. Check the two examples below:

- Valid Statement for C#: `int x = 99`
- Invalid Statement for C#: `99 = 66`

## Chapter 6: Literals and Constants

The term “ literals ” refers to fixed or unchangeable values: you cannot alter these values while the program is being executed. Literals are also known as constants. Literals can take the form of any basic data type (e.g. floating constant, integer constant, string constant, character constant, etc.). Additionally, you can use enumeration literals in your C# statements.

### *The Integer Constants*

Integer constants can be octal, decimal, or hexadecimal literals. You should use a prefix to specify the base (also known as radix). Check this list:

- Use 0 for octal literals
- Use oX or ox for hexadecimal literals
- Decimal literals don ’ t require prefixes

Integer literals may also have L and U as a suffix. L is used for long integers while U is used for unsigned integers. These suffixes are not case-sensitive.

The list below will show you valid and invalid integer constants:

- 131 – Valid
- 312u – Valid
- 0XYoU – Valid
- 218 – Invalid: The number 8 isn ’ t octal.
- 123UU – Invalid: You must not repeat suffixes.

Here ’ s a second list of examples. This one, however, will show you the different kinds of Integer Constants:

- 0123 – octal
- 86 – decimal
- 0x5b – hexadecimal
- 20 – int
- 20u – unsigned integer
- 20l – long integer
- 20ul – long and unsigned integer

### ***The Floating Point Constants***

Floating point constants may have the following parts:

1. a decimal point
2. an exponent
3. an integer
4. a fraction

Here are valid and invalid samples of floating point constants:

- 3.14 – Valid
- 314-5L – Valid
- 310E – Invalid: The exponent is incomplete.
- 310f – Invalid: This constant doesn't have an exponent or decimal.
- .e44 – Invalid – This constant has a missing fraction or integer.

While using decimal numbers, you should include the exponent, the decimal point, or both. While you are using exponential numbers, however, you should include the fraction, the integer, or both. You should introduce signed exponents using “ E ” or “ e. ”

### ***The Character Constants***



You should place character constants inside single quotes. For instance, you can store ' a ' inside a plain char type variable. In general, character constants can take the form of simple characters (e.g. ' b ' ), universal characters (e.g. ' \u03B0 ' ) or escape sequences (e.g. ' \t ' ).

In the C# language, some characters gain a special meaning if they are introduced by a backslash. Since they have a special meaning, you can use them for certain functions such as tab (\t) or newline (\n). The following list will show you some escape sequences and their meanings:

- \ ' – This represents a single quote character.
- \ " – This represents double quote characters.
- \ - This represents a backslash character.
- \? – This represents a question mark.
- \a – This represents a bell or an alert.
- \b – This represents a backspace.
- \n – This represents a newline.
- \f – This represents a form feed.
- \t – This represents a horizontal tab.
- \r – This represents a carriage return.
- \ooo – This represents an octal number that has 1-3 digits.
- \v – This represents a vertical tab.
- \xhh ... - This represents a hexadecimal number that has one or more digits.

### ***The String Constants***

You should use double quotes (i.e. "" or @ "" ) to enclose string constants. In general, string constants are similar to character constants: they contain escape sequences, universal characters, and plain characters.

You may use a string literal to break long lines into smaller ones. Then, you may use whitespaces to separate the small lines. The following list will show you some string constants:

- “ hi, girl ”
- “ hi, \n girl ”
- “ hi, ” “ g ” “ irl ”
- @ “ hi girl ”

Important Note: The string constants given above are identical. They will give the same result: hi girl

### ***How to Define Literals***

You can use **const** (i.e. a C# keyword) to define constants. When defining constants, you should use the following syntax:

```
const <data_type> <constant_name> = value;
```

## Chapter 7: The Operators in C#

Operators determine how logical or mathematical manipulations should be performed. Basically, operators are symbols that can communicate with the C# compiler. This programming language has a powerful collection of pre-installed operators. These operators are divided into six categories, namely:

- Relational Operators
- Assignment Operators
- Arithmetic Operators
- Bitwise Operators
- Logical Operators
- Misc. Operators

Let 's discuss each category in detail:

### *The Relational Operators*

The table below will show you the relational operators available in the C# language. Let 's use two variables:  $X = 2$ ;  $Y = 4$ .

- “==” – This operator tests the equality of the operands. If the values are equal, the operator gives “true” as the result. For instance, “ $Y == X$ ” isn't true.
- “>” – This operator checks the value of both operands. If the left operand's value is higher than that of the right operand, the condition is true. For example: “ $Y > X$ ” is true.
- “<” – This operator checks the value of the operands involved. If the right operand's value is higher than that of the left operand, the condition is true. For instance: “ $X < Y$ ” is true.
- “!=” – This operator checks the equality of the operands. If the values of the operands are not equal, the condition is true. For example: “ $Y != X$ ” is true.

- “<= ” – This operator tests whether the left operand ’ s value is less than or equal to that of the right operand. Here ’ s an example: “ Y <= X ” isn ’ t true.
- “>= ” – This operator tests whether the right operand ’ s value is less than or equal to that of the left operand. Here ’ s an example: “ Y >= X ” is true.

### ***The Assignment Operators***

The following list shows the C#-compatible assignment operators:

- “= ” – This assignment operator can copy the right operand ’ s value and give it to the left operand. For example:  $Z = X + Y$  will assign the value of  $X + Y$  to  $Z$ .
- “+= ” – This assignment operator is called “ Add AND. ” It can add the value of the right operand to that of the left operand and give the sum to the left operand. For instance:  $Z += X$  is equal to  $Z = Z + X$ .
- “-= ” – This operator is known as “ Subtract AND. ” It can subtract the value of the right operand from that of the left operand and give the difference to the left operand. For example:  $Z -= X$  is equal to  $Z = Z - X$ .
- “\*= ” – This operator is called “ Multiply AND. ” It can multiply the value of the right operand with that of the left operand and give the product to the left operand. For instance:  $Z *= X$  is equal to  $Z = Z * X$ .
- “/= ” – This assignment operator is known as “ Divide AND. ” It can divide the value of the left operand with the value of the right operand and give the value to the left operand. Here ’ s an example:  $Z /= X$  is equal to  $Z = Z / X$ .
- “%= ” – This operator is called “ Modulus AND. ” It uses two operands to take a modulus and assigns the result to the left operand. For example:  $(Z \%= X)$  is equal to  $(Z = Z \% X)$ .
- “<<= ” – This operator is called “ Left Shift AND. ” It adjusts the value of the left operand to the left based on the number indicated by the right operand. Then, it assigns the value to the left operand. Here ’ s how it works:  $Z <<= 3$  is equal to  $Z = Z << 3$ .
- “>>= ” – This operator is known as “ Right Shift AND. ” It adjusts the value of the left operand to the right based on the number indicated by the right operand. Check this example:  $(X >>= 3)$  is equal to  $(X = X >> 3)$ .

## ***The Arithmetic Operators***

The list below shows the available arithmetic operators in the C# language. To help you understand each operator, let 's use two variables:  $X = 2$  and  $Y = 4$ .

- “ + ” – This operator adds up two operands (e.g.  $X + Y = 6$ ).
- “ - ” – This operator subtracts the value of the second variable from the first one (e.g.  $Y - X = 2$ ).
- “ \* ” – This operator multiplies the operands (e.g.  $X * Y = 8$ ).
- “ / ” – This operator uses the denominator to divide the numerator (e.g.  $Y/X = 2$ ).
- “ ++ ” – This is called the increment operator. It increases the value of a variable by 1 (e.g.  $X++ = 3$ ).
- “ -- ” – This is known as the decrement operator. It decreases the value of a variable by 1 (e.g.  $Y-- = 3$ ).

## *The Bitwise Operators*

You can use bitwise operators to work on bits. With this category, you ' ll be able to perform bit-by-bit operations. The image below contains the truth tables for  $\wedge$ ,  $\vee$ , and  $\&$ .

p	q	p & q	p   q	p ^ q
0	0	0	0	0
0	1	0	1	1
1	1	1	1	0
1	0	0	1	1

For the following examples, let ' s assume that X is 60 and Y is 13. Let ' s convert them into binary elements:

X = 0011 1100

Y = 0000 1101

Now, let ' s perform bit operations on these variables:

$X \vee Y$  = 0011 1101

$X \& Y$  = 0000 1100

$\sim X$  = 1100 0011

$X \wedge Y$  = 0011 0001

The list below shows the bitwise operators available in the C# language. Let ' s use the same values: X = 60; Y = 13.

- “  $\&$  ” – This binary operator is called “ AND. ” If both operands have the same bit, that bit will be copied to the result. For instance:  $(X \& Y) = 12$ , i.e. 0000 1100.
- “  $\vee$  ” – This operator is called “ OR. ” It will copy a bit that exists in one of the operands. For example:  $(X \vee Y) = 61$ , i.e. 0011 1101.
- “  $\wedge$  ” – This binary operator is called XOR. It copies a bit that exists in just one of the operands. Thus, XOR won ' t copy bits that exist in both operands. Here ' s an example:  $(X \wedge Y) = 49$ , i.e. 0011 0001.
- “  $\sim$  ” – This is a unary operator. It “ flips ” bits when used in the C# programming

language. Here ' s an example:  $(\sim X) = 61$ , i.e. 1100 0011.

- “ >> ” – This is known as the “ right shift operator. ” It moves the value of the left operand to the right based on the bits indicated by the right operand. Here ' s an example:  $X \gg 2 = 15$ , i.e. 0000 1111.
- “ << ” – This is called the left shift operator. It moves the value of the left operand to the left based on the bits indicated by the right operand. For example:  $X \ll 2 = 15$ , i.e. 1111 0000.

## *The Logical Operators*

The following list will show you the logical operators available in C#. Let 's assign Boolean Values to X and Y. X holds " TRUE " while Y holds " False. "

- " || " – This operator is known as " Logical OR. " If one of the operands is not equal to zero, the condition is true. For example: (X || Y) is true.
- " && " – This operator is known as " Logical And. " If all of the operands are not equal to zero, the condition is true. For instance: (X %% Y) is false.
- " ! " – This operator is called " Logical Not. " You should use it to reverse the state of an operand. If the condition is true, this operator will become false. !(X || Y) is false.

## *The Misc. Operators*

The C# programming language supports other operators. Here are the important ones:

- " sizeof() " – This operator can identify the size of any data type. For instance, **sizeof(int)** can give you 4.
- " typeof() " – This operator can identify the type of any class. For example: **typeof(StreamReader)**.
- " & " – You can use this operator to determine the address of any variable. For example: **&x** will give you the address of the variable named " x. "
- " \* " – You can use this operator to create a pointer to any variable. For example: You can use **\*x** to create a pointer, name it as " x, " and assign it to any variable.
- " ?: " – This operator is called the " conditional expression. " It assigns values to any variable based on its conditions. For example, it may assign the value of X to a variable if its condition is true. If the condition is false, however, it will assign the value of Y.
- " is " – You can use this operator to determine if an object belongs to a certain type. Here 's an example: **If( Gucci is Bag)** // will check whether an object named Gucci belongs to the class named Bag.



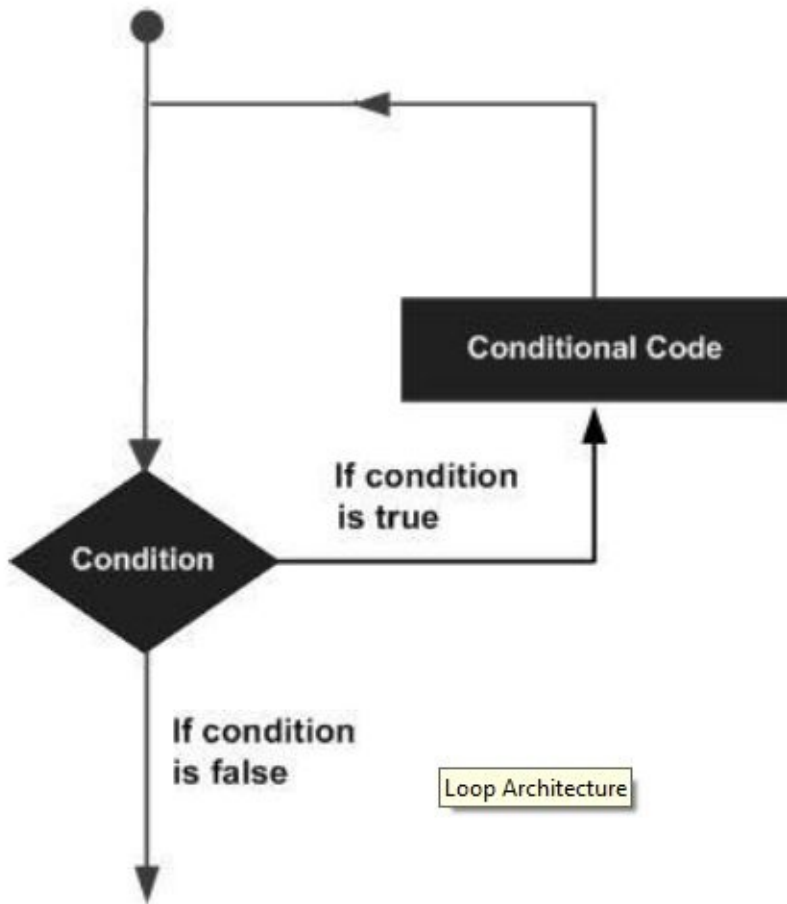
## Chapter 8: The Loops in C#

In some situations, you have to execute a code block several times. Entering the same statements repeatedly, however, is boring and time consuming. That means you should find a way to repeat blocks of codes quickly and easily. If you don't know how to accomplish that, this chapter can help you greatly.

**Important Note:** Statements are generally executed in a sequential manner. That means C# executes the first statement first, followed by the next one, etc. You should remember this concept as you read this chapter.

Just like other programming languages, C# provides you with different control structures in terms of execution paths. That means you can access effective structures if you need to work on complex programs.

If you have to execute the same code blocks multiple times, you can streamline your task using a loop statement. The image below will show you the basic form of loop statements in C#:



The C# programming language offers different kinds of loops. You can use these loops for your own codes. Check the list below:

- While Loops – These loops repeat a statement or sets of statements if the specified condition becomes true. In general, while loops check the result of the condition before running the loop commands.
- For Loops – With these loops, you can execute a series of statements several times. Additionally, you can abbreviate the code that controls the loop 's variable.
- Do ... While Loops – These loops are similar to while statements. However, they check the condition after executing the loop body.
- Nested Loops – You can use these loops within other loops.

Let ' s discuss each loop type in detail:

### ***The While Loops***

These loops can repeatedly execute your desired statements if any of the given conditions is true. The image below shows the syntax of while loops in the C# language:

```
while(condition)
{
    statement(s);
}
```

### ***The For Loops***

“ For loops ” are considered as a structure for controlling repetitions. You can use this structure to write statements that must be executed multiple times. Here ’ s the syntax you should follow when writing for loops in C#:

```
for ( init; condition; increment )
{
    statement(s);
}
```

### ***The Do ... While Loops***

These loops test the condition upon reaching the end of their body. Since they perform their functions first before checking the condition, do ... while loops execute their body at least once. The image below shows the syntax of do ... while loops in the C# language:

```
do
{
    statement(s);
}while( condition );
```

As you can see, the conditional expression is located at the last part of the syntax. That means the loop will execute the statement/s first before checking the condition entered by

the programmer.

### ***The Nested Loops***

The C# programming language allows you to place loops inside other loops. That means you can combine different types of loops in your programs. The syntax you have to use depends on the loop that you want to use as the “container.” Check the following syntaxes:

- *Nested For Loops:*

```
for ( init; condition; increment )  
{  
    for ( init; condition; increment )  
    {  
        statement(s);  
    }  
    statement(s);  
}
```

- *Nested While Loops:*

```
while(condition)  
{  
    while(condition)  
    {  
        statement(s);  
    }  
    statement(s);  
}
```

- *Nested Do ... While Loops:*

```
do
{
    statement(s);
    do
    {
        statement(s);
    }while( condition );
}while( condition );
```

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you learn the basics of C# in just two weeks.

The next step is to practice using this language in creating your own programs.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

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# Python Bootcamp



# **The Crash Course for Understanding the Basics of Python Computer Language**

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## Introduction

I want to thank you and congratulate you for downloading the book, “*Python Programming for Beginners*. ”

This book contains proven steps and strategies on how to master the basic elements of the Python programming language.

This eBook will teach you important information regarding Python. It will explain concepts and ideas that are being used by Python programmers. Additionally, it will give you actual codes and statements. That means you ’ ll know the theoretical and practical aspects of the Python language.

In this book you will learn:

- What Python is
- How to use Python
- Common Python data
- And much more!

Thanks again for downloading this book. I hope you enjoy it!



## **Chapter 1: What is Python?**

Python is an advanced and structured programming language. You can use it to accomplish various programming tasks. Additionally, Python is an open-source language: thousands of computer experts across the globe are using and improving it on a daily basis. A Dutch programmer named Guido Van Rossum created Python in the early part of the 90s. He named it after a comedy show titled Monty Python ' s Flying Circus.

Computer experts consider Python as a powerful programming language. System administrators are using it to develop different types of computer software. Actually, Python has greatly helped in improving Linux systems. Most of Linux ' s main components are written using Python. IT professors also use this language to teach basic programming. That means Python is versatile, powerful, and easy to learn.

Before execution, this programming language gets compiled into bytecode automatically. The system saves the bytecode onto the hard disk. That means the user doesn ' t have to perform compilation unless changes are made on the source. Additionally, Python is a dynamically typed programming language that allows (but doesn ' t require) object-oriented constructs and features.

Unlike other programming languages, Python considers whitespace as an important part of its codes. In fact, the whitespace ' s significance is the most distinctive attribute of Python. Rather than block delimiters (which is being used by C programming languages), Python uses indentation to indicate the starting point and endpoint of code blocks.

Another cool aspect of Python is that it is available for ALL platforms. You can easily install and use Python on Linux, Macintosh, and Windows computers. That means computer programs written using this language are extremely portable: you can use them with any available platform.



## Chapter 2: Python 's Interactive Mode

The Python programming language has 2 different modes:

1. Normal – In this mode, you ' ll run the scripted and completed Python files using the built-in interpreter.
2. Interactive – This is a command line program that can give instant feedback for each of your statements. This mode gives feedback while performing previous statements stored in the machine ' s memory. Technically, the interactive mode evaluates statements individually and holistically while new ones are being entered into the Python interpreter.

This chapter will focus on the interactive mode. To activate it, just enter “ python ” without adding any argument. This is an excellent way of learning the programming language: you ' ll play around statements and syntax variations. After typing “ python, ” the screen will show you a message similar to the one below:

```
$ python
Python 3.0b3 (r30b3:66303, Sep  8 2008, 14:01:02) [MSC v.1500 32 bit (Intel)]
on win32
Type "help", "copyright", "credits" or "license" for more information.
>>>
```

Important Note: If Python doesn ' t work, make sure that you have set your path properly.

Notice that the message has “ >>> ” at the end. These symbols indicate that you are using Python ' s interactive mode. Here, the system will immediately run whatever you type. Actually, if you ' ll type  $1 + 1$ , Python will give you 2. You can use this mode to become familiar with Python and test its capabilities. If you have learned new statements, activate

the interactive mode and check them one by one.

The image below shows an interactive session:

```
>>> 5
5
>>> print (5*7)
35
>>> "hello" * 4
'hellohellohellohello'
>>> "hello".__class__
<type 'str'>
```

As you can see, Python 's interactive environment is an excellent learning and programming tool. However, you have to be extremely careful when using it since it can be confusing sometimes. For instance, the image below shows a Python script that is considered valid in the interactive mode:

```
if 1:
    print("True")
print("Done")
```

If you ' ll use this script as shown in the interactive mode, you ' ll get a surprising result:

```
>>> if 1:
...     print("True")
...     print("Done")
File "<stdin>", line 3
    print("Done")
    ^
SyntaxError: invalid syntax
```

The Python interpreter says that the second print ' s indentation is unexpected. Before writing the next statement, you need to end the first one (i.e. the “ if ” statement) using a blank line. For instance, you must enter the statements using this format:

```
if 1:
    print("True")
    Blank Line
print("Done")
```



This will give the following result:

```
>>> if 1:
...     print("True")
...
True
>>> print("Done")
Done
>>>
```

### ***The Interactive Mode***

You may use “-i ” to activate the interactive mode. This flag will stop Python from closing when the program is done. Computer programmers use this flag a lot, especially during the prototyping and debugging stages. Here ’ s an example:

```
python -i hello.py
```



## Chapter 3: The Basics

In this section, you ' ll learn about the basics of the Python programming language. The following pages will teach you how to create programs using Python. Additionally, you ' ll know about the different parts of Python statements such as strings and variables. Study this chapter carefully because it can help you become a great Python user.

### *How to Create Python Programs*

In general, programs created using Python are just ordinary text files. That means you can edit them with typical text editors. Use your favorite editor: you can create or improve Python programs using any text editing software. However, it would be great if you can use one that has syntax highlighting for Python statements.

### *Your First Program*

Inexperienced programmers start their Python journey by writing the “ Hello, World! ” program. Here, the program simply states “ Hello, World! ” and then closes itself. Try this simple exercise:

1. Access your favorite text editor.
2. Create a file and save it as “ hello.py. ” Inside that file, enter the following line:

```
print('Hello, world!')
```

The “ Hello, World! ” program utilizes PRINT, a function that sends the parameters of a statement to the machine ' s terminal. The PRINT function adds a newline character to the statement ' s output. Thus, it automatically transfers the cursor to the subsequent line.

*Important Note: For Python version 2, PRINT is considered as a statement instead of a function. That means you may use it without any parenthesis. In this situation, PRINT does*

*two things:*

- *It sends the whole line to the terminal*
- *It allows users to indicate multiline statements by placing a comma after the last character.*

You ' ve just completed your own program. Now, you are ready to run it using Python. Notice that this procedure differs based on the OS (i.e. operating system) you are using.

*For Windows computers:*

1. Create a new folder. You should only use this folder for Python computer programs. Save the hello.py file in this folder. For this exercise, let ' s assume that you named the folder: “ C:\pythonfiles ”
2. Access the Start menu and choose “ Run ...”
3. Open the OS ' terminal by typing “ cmd ” in the dialogue box.
4. Type cd \pythonfiles and hit Enter. This action will set the pythonfiles folder as the directory.
5. Run the program by typing hello.py(i.e. the program ' s filename).

*For Mac computers:*

- Create a folder that will be used for Python programs only. For this exercise, name this folder “ pythonfiles ” and save it in your computer ' s Home folder (i.e. the one that holds folders for Music, Movies, Pictures, Documents, etc.).
- Save the hello.py program into the pythonfiles folder.
- Access the Applications section of your computer, go to Utilities, and activate the Terminal software.
- Enter cd pythonfiles into the dialogue box and press Enter.
- Run the Hello, World! program by typing “ python ./hello.py. ”

*For Linux computers:*

- Create a folder and name it “ pythonfiles. ” Then, save the hello.py file in it.
- Activate the computer ’ s terminal program. Follow these instructions:
  - For KDE users – go to the main menu and choose “ Run Command ...”
  - For GNOME users – go to the main menu, access the Applications section, open Accessories, and choose Terminal.
- Enter “ `cd ~/pythonpractice.` ”
- Run the program by typing “ `python. .hello.py.` ”

### *The Outcome*

The screen must show:

Hello, World!

That ’ s it. If your computer screen shows this message, you did an excellent job. You ’ re one step closer to being a great Python programmer.

### ***The Variables and Strings in the Python Language***

This section will focus on strings and variables. As a beginner, you should know that these two types of data play a huge role in the Python programming language.

#### *The Variables*

Basically, variables are things that hold changeable values. That means you can consider variables as boxes that can hold different kinds of stuff. Keep in mind that you can use variables to keep different things. For now, however, let ’ s use them for storing numbers. Check the screenshot below:

```
lucky = 7
print (lucky)
7
```

The code above generates a variable named “ lucky. ” Afterward, it assigns the variable to a number (i.e. 7). If you ’ ll “ ask ” Python about the data stored in lucky, you ’ ll get 7 as the response.

You may also edit the value inside variables. For instance:

```
changing = 3
print (changing)
3

changing = 9
print (changing)
9

different = 12
print (different)
12
print (changing)
9

changing = 15
print (changing)
15
```

With the codes above, you saved a variable named “ changing, ” assigned the number 3 to it, and confirmed that the first statement is correct. Afterward, you assigned the number 9 to the variable, and asked the system about the new content. The Python language replaced 3 with 9.

Then, you created a new variable named “ different. ” You assigned the number 12 for this variable. That means you currently have two different variables, namely: changing and different. These variables hold different data – setting another value for one of them won ’ t affect the other.

Python allows you to assign the value of an existing variable to a different one. For instance:

```
red = 5
blue = 10
print (red, blue)
5 10

yellow = red
print (yellow, red, blue)
5 5 10

red = blue
print (yellow, red, blue)
5 10 10
```

To prevent confusion, remember that the variable 's name is always shown on the left side of the assignment operator (i.e. the “ = ” sign). The variable 's value, on the other hand, is displayed on the operator 's right side. That means for each variable, you 'll see the name first followed by the value.

At first, the code created two variables: red and blue. Then it assigned different values for each: 5 and 10, respectively. Notice that you can place different arguments on the PRINT function to make it show several items in a single line. As the result shows, red holds 5 while blue stores 10.

Then, the code created another variable and named it “yellow.” Afterward, the code instructed Python that yellow 's value should be identical to that of red. Because of that, Python assigned the number 5 to yellow.

Next, the code instructed Python that red 's value must be changed so that it is equal to that of blue. The value of blue is 10 so Python assigns that number to red (the number 5 is “ thrown away ” ). At the last part of the screenshot, Python indicates the value of red, blue and yellow: 10, 10, 5, respectively.

Wait! The code told Python that the value of yellow must be equal to that of red, didn't it? Why does the screenshot show that yellow's value is 5 even though red's is 10? It's simple. The code instructed the Python language that yellow should have red's value at the moment it was coded. The connection between red and yellow stopped as soon as Python assigned a value to the latter. Yellow received 5 - and 5 will stay regardless of what happens to its original source (unless a new statement is given).

### The Strings

Basically, strings are lists of characters that follow a certain arrangement.

What is a "character?" Let's relate this concept with a physical object: the keyboard. Anything you can enter using a keyboard is considered as a character (e.g. numbers, letters, punctuation marks, etc.).

For instance, "Birthday" and "Halloween" are strings. These strings are formed by letters (i.e. characters). You can also add spaces in your strings: "good morning" contains 12 characters: good = 4, space = 1, morning = 7. Currently, you can include any number of characters in your Python strings. That means there are no limits when it comes to the quantity of characters that you can use. Actually, you can even create a string that has no character in it (programmers call it an "empty string. ").

With Python, you can declare strings in three different ways:

1. ( ' ) – Using single quotation marks
2. ( " ) – Using double quotation marks
3. ( """" ) – Using triple quotation marks

You can use any of these methods. However, make sure that you will be consistent regarding your string declarations. Begin and end your strings using the same declaration. Check the screenshot below:



```
>>> print ('I am a single quoted string')
I am a single quoted string
>>> print ("I am a double quoted string")
I am a double quoted string
>>> print ("""I am a triple quoted string""")
I am a triple quoted string
```

As you can see, quotation marks start and end strings. By default, Python will consider the quotation marks in your statements as markers for the beginning or end of strings.

In some situations, however, you have to include quotation marks in your statements. That means you must stop Python from ending your statements prematurely (i.e. when it sees the quotation marks in your codes). You can accomplish this using a backslash. By adding a backslash right before the quotation marks, you 're telling Python that those marks are included in the string. The act of putting a backslash before a different symbol is known as “escaping” that particular symbol.

Important Note: When adding a backslash to your Python strings, you still need to “escape” it (i.e. place a backslash before the needed backslash). This action will inform Python that the backslash must be used as an ordinary symbol. Analyze the screenshot below:

```
>>> print ("So I said, \"You don't know me! You'll never understand me!\")
So I said, "You don't know me! You'll never understand me!"
>>> print ('So I said, "You don\'t know me! You\'ll never understand me!')
So I said, "You don't know me! You'll never understand me!"
>>> print ("This will result in only three backslashes: \\ \\ \\")
This will result in only three backslashes: \ \ \
>>> print ("""The double quotation mark (\") is used to indicate direct quotations.""")
The double quotation mark (") is used to indicate direct quotations.
```

After analyzing the examples above, you 'll realize that only the characters used to quote strings must be escaped. This simple rule makes Python statements easy to read.

To help you understand strings further, let 's visit your first Python program:

```
>>> print("Hello, world!")  
Hello, world!
```

Well, it seems you have used strings even before you learned about them. You may also concatenate strings in the Python programming language. Concatenation is the process of combining two different strings by adding a “ + ” sign between them. Let ’ s use the same program again:

```
>>> print ("Hello, " + "world!")  
Hello, world!
```

In the example above, “ Hello, ” and “ world! ” are entered as separate strings. This is done by enclosing both strings in quotation marks. Then, the “ + ” sign is added between the strings to combine (i.e. concatenate) them. Did you see the space between the comma and the quotation mark? That space is mandatory: without it, you ’ ll get the following string:

```
Hello,world!
```

Python also allows you to repeat strings. That means you won ’ t have to type the same thing several times. To repeat strings, just use the asterisk:

```
>>> print ("bouncy, " * 10)  
bouncy, bouncy, bouncy, bouncy, bouncy, bouncy, bouncy, bouncy, bouncy, bouncy,
```

Lastly, you can utilize “ len() ” to count the characters that form any string. You just have to place the string you want to check inside the parentheses. Here ’ s an example:

```
>>> print (len("Hello, world!"))  
13
```

### Variables and Strings – How to Use Them Together

Now that you know how strings and variables work, you ’ re ready to use them together.

As discussed earlier, variables can hold different types of information – even strings. Here ' s an example:

```
question = "What did you have for lunch?"  
print (question)
```

The program above creates a variable named “ question. ” Then, it stores the string “ What did you have for lunch? ” inside that variable. Lastly, it instructs Python to give out the string.

It is important to note that you should not enclose the variable with quotation marks. By omitting quotation marks, you are telling Python that you are using “ question ” as a variable, not as a string. If you ' ll enclose the variable using quotation marks, Python will consider it as an ordinary string. It will give out “ question ” rather than “ What did you have for lunch? ”

### How to Combine Strings and Numbers

Analyze the screenshot below:

```
print ("Please give me a number: ")  
number = raw_input()  
  
plusTen = number + 10  
print ("If we add 10 to your number, we get " + plusTen)
```

This code is designed to accept a number from the programmer, add ten to that number, and give out the sum. If you ' ll run it, however, you ' ll get the following error message:

```
Traceback (most recent call last):  
  File "test.py", line 7, in <module>  
    print "If we add 10 to your number, we get " + plusTen  
TypeError: cannot concatenate 'str' and 'int' objects
```

What ' s happening here? Instead of giving out a number, Python shows “ TypeError. ” This message means there is an issue with the information entered. To be specific, Python

cannot determine how to combine the two kinds of data being used: strings and integers.

For instance, Python assumes that “ number ” (i.e. a variable) contains a string, rather than a number. If the programmer types in “ 15, ” Python will think that the variable holds a 2-character string: 1 and 5. What can you do to inform Python that 15 is a number?

Additionally, when asking for the answer, you are instructing Python to combine a number (i.e. plusTen) and a string. The programming language doesn ’ t know how to accomplish that. Python can only combine two strings. How can you make Python treat numbers as strings, so you can use it with a different string?

Fortunately, you have two powerful functions at your disposal:

1. `str()` – This function can convert numbers into strings.
2. `int()` – This function can convert strings into numbers.

When using these functions, you just have to place the string/number you want to convert inside the parentheses. If you will apply this method to the code given earlier, you will get the following result:

```
print ("Please give me a number:",)
response = raw_input()

number = int(response)
plusTen = number + 10

print ("If we add 10 to your number, we get " + str(plusTen))
```

## ***The Fundamental Concepts***

Python has 5 basic concepts, namely:

1. Scope – For large systems, you have to limit the relationship between codes. This is important if you want to prevent errors or unpredictable system behaviors. If you won ’ t restrict the effect of your codes on other codes, the entire system might get confused.

You can control the “scope” of your codes by assigning specific name groups to each programmer. For instance, one programmer will use the names of countries while another one uses names of animals. This technique can help in limiting the connections between your Python codes.

2. Objects – Similar to other object-oriented languages, Python uses code and data groups.

In Python, you ’ ll create (i.e. instantiate) objects using “Classes” (a set of templates used in this programming language). Objects possess “attributes,” which store the different pieces of data and code that form the object.

Accessing an object ’ s attribute is easy:

1. Enter the object ’ s name and place a dot after it.
  2. Specify the name of the attribute/s you want to access.
3. Namespaces – Python has `dir()`, a preinstalled function that can help you understand namespaces. After starting Python ’ s interpreter, you can use `dir()` to show the objects in the default or current namespace. Check the screenshot below:

```
Python 2.3.4 (#53, Oct 18 2004, 20:35:07) [MSC v.1200 32 bit (Intel)] on win32
Type "help", "copyright", "credits" or "license" for more information.
>>> dir()
['_builtins_', '__doc__', '__name__']
```

You can also use `dir()` to list the available names inside module namespaces. For this example, let ’ s use `type()` on `_builtins_` (an object from the screenshot above). This function, i.e. `type()`, allows us to know the file type of an object. See the screenshot below:

```
>>> type(_builtins_)
<type 'module'>
```

The image shows that `_builtins_` is a module. That means you can use `dir()` to list the names inside `_builtins_`. You ' ll get this result:

```
>>> dir(_builtins_)
['ArithmeticError', ... 'copyright', 'credits', ... 'help', ... 'license', ... 'zip']
>>>
```

This concept is easy to understand. Basically, namespaces are places in which names can reside. Every name inside a namespace is completely different from those outside a namespace. Computer programmers refer to this “ namespace layering ” as “ scope. ” In general, you should place names inside a namespace if those names have values. For instance:

```
>>> dir()
['_builtins_', '__doc__', '__name__']
>>> name = "Bob"
>>> import math
>>> dir()
['_builtins_', '__doc__', '__name__', 'math', 'name']
```

The image above shows that you can add names to any namespace just by using a simple statement (i.e. “ import ” ). That code used the `import` statement to add “ `math` ” to the active namespace. If you want to know what that object is, you can run this command:

```
>>> math
<module 'math' (built-in)>
```

It says that “ `math` ” is a module. Thus, it has its own namespace. You can show the names inside `math` ' s namespace using the `dir()` function:

```
>>> dir(math)
['__doc__', '__name__', 'acos', 'asin', 'atan', 'atan2', 'ceil', 'cos', 'cosh', 'degrees', 'e',
'exp', 'fabs', 'floor', 'fmod', 'frexp', 'hypot', 'ldexp', 'log', 'log10', 'modf', 'pi', 'pow',
'radians', 'sin', 'sinh', 'sqrt', 'tan', 'tanh']
>>>
```

4. Case Sensitivity – Variables are always case-sensitive. That means “ SMITH, ”

“ Smith, ” and “ smith ” are three different variables.

5. Tabs and Spaces Don ’ t Mix – Since whitespaces are important in Python, keep in mind that tabs and spaces cannot be mixed. Be consistent while indenting your python statements. If you ’ ll use spaces for indentation, stick to that character. This is an important concept that many beginners forget about.

Although tabs and spaces have the same appearance, they give different meanings when read by the Python interpreter. That means you ’ ll experience errors or weird results if you ’ ll mix them in your statements.

Important Note: If you prefer to use spaces, make sure that you will hit the spacebar four times for each indentation.





## Chapter 4: Sequences

Sequences, one of the basic structures in programming, allow you to save values easily and efficiently. Python supports three types of sequences, namely: lists, tuples, and strings. Let 's discuss each sequence in detail:

### *Lists*

As their name suggests, lists are collections of values that follow a certain arrangement. You can use square brackets to create a list. For instance, you can use the statement below to initialize an empty list:

```
spam = []
```

You should use commas to separate values. Here 's a sample list:

```
spam = ["bacon", "eggs", 42]
```

You can place different kinds of values inside the same list. For instance, the list above holds numbers and letters.

Similar to characters within a string, you can access listed items using indices that start at zero. Accessing a listed item is easy. You just have to specify the name of the list where that item belongs. Then, indicate the number of the item inside the list. Enclose the number using square brackets. Here 's an example:

```
>>> spam
['bacon', 'eggs', 42]
>>> spam[0]
'bacon'
>>> spam[1]
'eggs'
>>> spam[2]
42
```

Python also allows you to enter negative integers. These numbers are counted backwards, starting from the last item in the list.

```
>>> spam[-1]
42
>>> spam[-2]
'eggs'
>>> spam[-3]
'bacon'
```

You may use `len()` to determine the quantity of items inside a list. Check the image below:

```
>>> len(spam)
3
```

Lists are similar to typical variables in one aspect: they allow you to change the items inside them. Analyze the following example:

```
>>> spam = ["bacon", "eggs", 42]
>>> spam
['bacon', 'eggs', 42]
>>> spam[1]
'eggs'
>>> spam[1] = "ketchup"
>>> spam
['bacon', 'ketchup', 42]
```

ou can also slice strings:

```
>>> spam[1:]
['eggs', 42]
>>> spam[: -1]
['bacon', 'eggs']
```

Python offers different methods of adding items to any list. However, the easiest method is this:

```
>>> spam.append(10)
>>> spam
['bacon', 'eggs', 42, 10]
```

To remove items, you can apply the “del” statement onto the list. Here ’ s an example:

```
>>> spam
['bacon', 'and', 'eggs', 42, 10]
>>> del spam[1]
>>> spam
['bacon', 'eggs', 42, 10]
>>> spam[0]
'bacon'
>>> spam[1]
'eggs'
>>> spam[2]
42
>>> spam[3]
10
```

Lists automatically “ fix ” themselves after each item deletion. That means you won ’ t see any gap in the numbering of items.

## ***Tuples***

Tuples and lists are similar except for one thing: tuples cannot be edited. After creating a tuple, you won ’ t be able to change it in any way. You can ’ t expand, edit, or delete the elements within a tuple. If you ’ ll ignore this immutability, you can say that lists and tuples are identical.

You should use commas when declaring tuples:

```
unchanging = "rocks", 0, "the universe"
```

Sometimes, you have to differentiate tuples using parentheses. This process is similar to performing several assignments using the same line. Here ' s a simple example:

```
foo, bar = "rocks", 0, "the universe" # 3 elements here
foo, bar = "rocks", (0, "the universe") # 2 elements here because the second element is a tuple
```

## Strings

You ' ve already learned about strings. However, it is important to discuss it again as a Python sequence. For other programming languages, you can access the characters elements inside strings using square brackets (known as the subscript operator). This method is also effective in Python:

```
>>> "Hello, world!"[0]
'H'
>>> "Hello, world!"[1]
'e'
>>> "Hello, world!"[2]
'l'
>>> "Hello, world!"[3]
'l'
>>> "Hello, world!"[4]
'o'
```

Python assigns numbers to indices using this formula: 0 – n1 (n represents the number of characters in the string). Check the screenshot below:

H	e	l	l	o	,	_	w	o	r	l	d	!
0	1	2	3	4	5	6	7	8	9	10	11	12

Indices work with the characters that come right after them. For negative indices, you should count backwards:

```
>>> "Hello, world!"[-2]
'd'
>>> "Hello, world!"[-9]
'o'
>>> "Hello, world!"[-13]
'H'
>>> "Hello, world!"[-1]
'!'
```

Unlike other programming languages, Python allows you to place up to 2 numbers inside square brackets. You can do this using a colon (i.e. “ : ” ). For sequences that concentrate on numeric indices, the combination of brackets and colons returns the portion between the indices. This technique is called “slicing.” If you ’ ll slice a string, you will get “substrings.” Analyze the screenshot below:

```
>>> "Hello, world!"[3:9]
'lo, wo'
>>> string = "Hello, world!"
>>> string[:5]
'Hello'
>>> string[-6:-1]
'world'
>>> string[-9:]
'o, world!'
>>> string[:-8]
'Hello'
>>> string[:]
'Hello, world!'
```

The statements given above show an important rule:

“ If you ’ ll omit a number, Python assumes the missing number as the start or end of that particular sequence (depending on the position of the missing number). ”

## ***Dictionaries***

Dictionaries are similar to lists. Unlike tuples, dictionaries allow users to modify their content. That means you may add, edit, and delete the elements of any dictionary. The main difference between lists and dictionaries is this: dictionaries don ’ t bind their elements to any number.

A dictionary ’ s element has two aspects: (1) the key and (2) the value. If you ’ ll call the key of a dictionary, you ’ ll get the values related to that particular key. Computer programmers consider lists as special dictionaries, where numbers represent the key of each element.

### ***How to Use a Dictionary***

You should use curly braces when declaring a dictionary. Also, you should use the

following format when declaring elements for a dictionary: (1) enter the key of the element, (2) add a colon, and (3) assign the value. Here 's an example:

```
>>> definitions = {"guava": "a tropical fruit", "python": "a programming language", "the answer": 42}
>>> definitions
{'python': 'a programming language', 'the answer': 42, 'guava': 'a tropical fruit'}
>>> definitions["the answer"]
42
>>> definitions["guava"]
'a tropical fruit'
>>> len(definitions)
3
```

Additionally, adding elements to dictionaries is simple and easy. It 's like adding an ordinary variable:

```
>>> definitions["new key"] = "new value"
>>> definitions
{'python': 'a programming language', 'the answer': 42, 'guava': 'a tropical fruit', 'new key': 'new value'}
```



## Chapter 5: The Different Types of Data

Basically, data types define an object 's capabilities. In other languages, the effectiveness of an operation is tested by ensuring that the object cannot be stored where the operation is going to be performed. This system is known as static typing.

However, Python uses a different approach. This programming language allows you to store the object 's data type inside that object. Python also checks the validity of each operation as soon as you run them. Programmers refer to this system as dynamic typing.

This chapter focuses on the different kinds of data that you can use with Python.

### *The Standard Types*

Python has a set of standard data types. These types are pre-installed into this programming language. Let 's divide these types into small groups. This section will use the hierarchy system used in Python 's official documentation:

#### The Numeric Types

- int – This stands for integers. For Python 2.x, “ int ” is identical to C longs.
- long – It stands for long integers whose length is non-limited. You ' ll find this type in systems that use Python 2.x.
- float – This stands for floating-point numbers. Float is the equivalent of doubles in C.
- complex – This type is composed of complex numbers.

#### The Sequences



- list
- tuple
- byte – This is a sequence of numbers within the 0-255 range. You ’ ll find bytes in systems that use Python 3.x.
- byte array – This is the mutable version of bytes.
- str – This stands for “ String. ” Python 2.x systems represent strings as sequences of 8-bit items. Python 3.x systems, however, represent them as sequences of Unicode items.

### The Sets

- set – This is an unorganized group of distinct objects.
- frozen set – This type is the immutable version of sets.

### The Mappings

- dict – This stands for Python dictionaries. Computer programmers refer to this type as a “ hashmap ” or “ associative array. ” In general, each element of a dictionary has a corresponding definition.

### ***Mutable and Immutable Objects***

In the Python language, data types are categorized based on the mutability of their contents. Keep in mind that immutable data types prevent you from changing the objects inside them. That means you ’ ll succeed in slicing or reassigning the objects of mutable data. Immutable ones, however, will give you an error message.

Here ’ s an important principle that you should remember: variables are simple references to the objects inside a machine ’ s memory. Let ’ s assume that you paired an object and a variable using the following statement:

```
a = 1
s = 'abc'
l = ['a string', 456, ('a', 'tuple', 'inside', 'a', 'list')]
```

With the statement given above, you are making variables (i.e. l, a, and s) point to certain objects. Python stores this relationship between variables and objects in the machine's memory. Thus, you can conveniently access objects whenever you want.

For the next example, let's say you performed a reassignment using the code below:

```
a = 7
s = 'xyz'
l = ['a simpler list', 99, 10]
```

In this new statement, you linked the variables to other objects. As you've learned earlier, you can only change mutable objects (l[0] = 1 is good, but s[0] = "a" will give you an error message).

### ***How to Create Objects of a Defined Type***

- *Literal Integers* – You can enter literal integers in three different ways:
  - For decimal numbers – You can enter these numbers directly.
  - For hexadecimal numbers – You have to prepend 0X or 0x to enter this kind of number.
  - For octal literals – The method of entering these integers depends on the Python version you are using:
    - For Python 2.x – You must prepend a zero to enter octals.
    - For Python 3.x – You should prepend 0O or 0o to enter octals.
- *Floating Point Integers* – You can enter these numbers directly.

- Long Integers – You can enter a long integer in two ways:
  - Directly (112233445566778899 is considered as a long integer)
  - By appending the letter “ L ” (1L is considered as a long integer).

If a computation that involves short integers overflows, it is automatically converted into a long integer.

- Complex Numbers – You can enter this object by adding two numbers (i.e. a real number and an imaginary number). Then, enter these numbers by appending the letter “ j. ” That means 11+2j and 11j are complex numbers.
- Strings – You can enter strings as single- or triple-quoted objects. The difference between these two types lies in their delimiters and their potential length. Single-quoted strings are restricted to one line only. You can enter single-quoted strings using pairs of single quotation or double quotation marks. Check the following example:

```
'foo' works, and
"moo" works as well,
    but
'bar" does not work, and
"baz' does not work either.
"quux"' is right out.
```

Triple-quoted strings are similar to their single-quoted counterparts, but they can cover multiple lines. Obviously, their delimiters (i.e. the quotation marks) should be matched. You must enter these strings using 3 single or double quotation marks. Here ’ s an instructive screenshot for you:

```
'''foo''' works, and
"""moo""" works as well,
    but
'''bar''' does not work, and
"""baz''' does not work either.
'''quux''' is right out.
```

- Tuples - You can enter tuples using parentheses. Place commas between objects

to separate them.

```
(10, 'Mary had a little lamb')
```

You can enter a single-element tuple by enclosing it in parentheses and adding a comma. Here 's an example:

```
('this is a stupid tuple',)
```

- Lists - Lists work like tuples, though they require square brackets:

```
['abc', 1,2,3]
```

- Dictionaries – You can create “ Python dicts ” by listing some pairs of values and separating each pair using a colon. Use commas to separate dictionary entries. Then, enclose the statements using curly braces. Check the image below:

```
{ 'hello': 'world', 'weight': 'African or European?' }
```

## ***Null Objects***

Python uses “ None ” as a null pointer analogue. In this aspect, Python is similar to many programming languages. Actually, “ None ” isn ’ t a null reference or a null pointer in itself – it is an object that only has one instance. You can use “ None ” as a default argument value for functions. In Python, you must compare objects against “ None ” using “ is ” instead of “ ==. ”



## **Chapter 6: The Errors That You Will Encounter**

Python users encounter three kinds of errors: exceptions, logic errors, and syntax errors.

### ***Exceptions***

These errors occur when the Python interpreter cannot perform an action, though it knows what should be done. A good example would be running a Google search while you are offline: the machine knows what to do but it cannot accomplish it.

### ***Logic Errors***

Logic errors are extremely hard to find. Also, they are the most common errors that you ' ll get. Python programs that are affected by logic errors can still run. However, they may crash or produce unexpected results.

You can use a debugger to find and solve logic errors in your programs.

### ***Syntax Errors***

This is perhaps the most basic kind of error. A syntax error occurs when the Python interpreter cannot understand a code. According to programmers, syntax errors are fatal most of the time – you cannot execute codes that contain this error.

Syntax errors are often caused by typos, wrong arguments, or wrong indentation. That means you should inspect your codes for these mistakes whenever you encounter a syntax error.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you master the basics of Python.

The next step is to create your own programs using this powerful computer language.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

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## Introduction

I want to thank you and congratulate you for downloading the book, “ *Learn the Basics of JavaScript Programming in 2 Weeks*.”

This book contains proven steps and strategies on how to master the fundamentals of this powerful language.

This eBook will help you master the basics of JavaScript in two weeks. To make that possible, it focuses on the most important elements of this programming language. You won't read any irrelevant material while using this book. That means you will learn what you need to learn in order to become a proficient JavaScript user in just 14 days.

In this book you will learn:

- What JavaScript is
- How to use JavaScript
- Common JavaScript data
- And much more!
- 

Thanks again for downloading this book, I hope you enjoy it!



## **Chapter 1: JavaScript and Codes**

### ***JavaScript – General Information***

JavaScript was launched back in 1995 as a method of adding programs to webpages. Back then, it was exclusively used for a web browser called Netscape Navigator. Because of the success attained by JavaScript, all major browsers are now supporting it. This language allows programmers to create modern web programs – programs you can interact with without reloading webpages for each action. Traditional websites, on the other hand, also use JavaScript to provide different types of functionality and interactivity.

At this point, you should know that JavaScript is not related with Java (i.e. one of the leading programming languages today). JavaScript was called “Mocha” and “LiveScript” during its first year of existence. However, because the Java programming language was extremely popular, the owners of JavaScript decided to adopt its name. It was a marketing maneuver designed to exploit the popularity enjoyed by Java.

### ***Codes – General Information***

Codes are the texts that form computer programs and web applications. This eBook contains lots of codes, so you should be familiar with them. Computer experts claim that writing codes and reading codes are important aspects of becoming a programmer. Thus, you should read and understand the codes included in this book. You ’ ll be robbing yourself of excellent learning opportunities if you will simply glance over the code samples.

Beginners might experience difficulties in analyzing the codes. However, they will surely understand how JavaScript works if they will read the instructions carefully. It would be best if you will try the code samples using a JavaScript interpreter. This way, you can receive instant information about how codes look like once they are compiled as a

program.





## **Chapter 2: The Different Aspects of JavaScript**

### ***Data and Bits***

Data forms the digital world. If you ' ll “ visit ” the world inside a computer, there is one thing you will see: data. You may read, edit, and generate data. Whenever you save new data, it will be stored as sequences of bits. This is the reason why stored pieces of data have similar appearance and characteristics.

In programming, a bit is anything that has two values (often represented by ones and zeros). You can reduce any piece of data into a series of ones and zeros. This process is known as data-to-bit conversion.

### ***Values***

Typical computer systems involve billions of bits. That means working with data can be extremely confusing. If you want to work with such a staggering amount of information, you have to divide it into smaller chunks. In JavaScript, these chunks of information are known as values. Although all values are formed by bits, they have different types and functions. JavaScript supports six types of values, namely: strings, numbers, functions, objects, undefined values, and Booleans.

To generate a value, you just have to indicate its name. This process is easy and simple. You won ' t have to collect materials or pay any fee. Just indicate a value ' s name, and BAM! You have it.

This chapter will introduce the basic elements of the JavaScript language (i.e. operators and value types). These elements can interact with the values in JavaScript.

For now, let ' s talk about the different types of values.

## The Numbers

Values that belong to this type are ... you guessed it right: numeric values. You have to use the following format when writing a JavaScript application:

<number>

For example, let 's say you entered this value into your JavaScript program: 99. This will create a bit sequence for the number 99 inside your machine 's memory.

The JavaScript language uses 64 bits to store each number value. The number of patterns you can create with 64 bits is limited, so the numbers that you can represent with them is also limited. For x decimal numbers, the numbers that you can represent is equal to  $10^x$ . In the same manner, since you have 64 digits, you may represent up to  $2^{64}$  number values.

Before, computer memory was so small people had to use sets of eight or sixteen bits to indicate number values. Since the memory was insufficient, users often experienced “ data overflows ” when working with JavaScript. Today, however, even basic desktops possess lots of memory. That means you can easily use 64-bit sequences – you won 't have to worry about data overflows anymore.

Number values can also store negative integers. Here, one of the bits represent the value 's sign (either “ + ” or “ - “ ). Additionally, JavaScript supports non-whole numbers (i.e. decimal numbers). To accomplish this, some bits store the decimal point 's position in the number value.

You can write decimal and fractional numbers using a period. Here 's an example:

99.99

For extremely large or extremely small numbers, on the other hand, you may add an “ e ” to use the scientific notation. Just follow it up with the correct exponent. Here 's an

example:

$$9.999e9 = 9.999 \times 10^9$$

Computations with integers (also known as whole numbers) are 100% accurate. Computations with fractions, however, are not. For example, the value of “pi” cannot be expressed accurately by a limited quantity of decimal numbers. A lot of number values lose their accuracy because there are only 64 bits to keep them. If you want to avoid problems related to fractions, you have to remember that these numbers are just estimates. Don't treat them as accurate values.

### *Arithmetic Operations*

This is what you do with numeric values. In general, arithmetic operations (e.g. addition, division, subtraction, etc.) use two numeric values to generate a new value. Here's a sample arithmetic operation written in the JavaScript language:

$$10 + 4 * 5$$

The “\*” and “+” signs are known as “operators.” The “+” sign represents addition while “\*” represents multiplication. You can generate a new numeric value by placing an operator between 2 numeric values. It is important to note that arithmetic operations in JavaScript follow operator precedence (also called order of operations). Here, you should perform operations in this order: parentheses, exponents, multiplications/divisions, and additions/subtractions. If you will apply operator precedence in the example given above, 10 will be added to the product of 4 \* 5.

You can use parentheses to modify the order of operations. For example:

$$(10 + 4) * 5$$

In the JavaScript language, the “-” sign represents subtraction while “/” represents division. You don't have to worry about operator precedence. If you aren't sure, however, you can simply add parentheses in your codes.

## *The Special Numbers*

When using JavaScript, you 'll encounter three values that are referred to as numbers even if they don 't behave as such. These special values are: Infinity, -Infinity, and NaN. – Infinity and -Infinity represent negative and positive infinities. In general, you shouldn 't trust computations based on infinities. These calculations aren 't mathematically reliable.

NaN, on the other hand, means “ not a number. ” You 'll get this special value if you will perform arithmetic operations that give imprecise or meaningless result. For example, you 'll get NaN if you will divide zero by zero (i.e.  $0 / 0$ ).

## *Strings*

You should use strings to represent text-based information. You should use quotes (i.e. either single or double quotes) to enclose your strings. Check the following examples:

‘ Five little monkeys ’

“ I ' m riding a bicycle ”

When creating strings, make sure that you are consistent with your quotes. If you started a line using double quotes, end the line using that same symbol.

In general, you can use quotes to enclose almost anything. Put something between a pair of quotes and the JavaScript language will turn it into a usable string value.

## *How to “ Escape ” a Character*

There are times when you have to add special characters in your statements. For example, you have to add “ newlines ” (i.e. the characters you 'll get after pressing the Enter key)

when writing text strings. Currently, JavaScript requires programmers to add a backslash into quoted texts. By placing a backslash, you are telling the computer that the next character has a special function or meaning. This process is known as “escaping a character.”

Quotes that come after a backslash will be considered as a part of the line: they won't terminate the string. If you'll place “n” after the backslash, a newline character will be added to the statement. Likewise, a “t” that is introduced by a backslash will result to a “tab” character (i.e. the one you'll get after pressing the Tab key). Here is a simple example:

```
“ I ’ m the first one\nYou are the last ”
```

If you will execute the string given above, you'll get the following:

```
I ’ m the first one
```

```
You are the last
```

In certain situations, you want to use an “ordinary” backslash in your codes. You don't want it to be a special tool. You can do this by placing a backslash before another backslash. That is, you are escaping a backslash so you can turn it into a normal character. Analyze the following example:

```
“ You should use \t to add a tab character in your statements ”
```

Once compiled and executed, that line will give you:

```
You should use \t to add a tab character in your statements
```

Strings aren't numbers so you can't perform mathematical operations on them. However, you can use the “+” on your strings to concatenate (i.e. combine) them. Here's an example:

```
“ Jav ” + “ aSc ” + “ ript ”
```

Because of the “ + ” signs, the segmented line given above produces: *JavaScript*.

### The Unary Operators

In this section, you ’ ll learn about the non-symbol operators. To start the discussion, let ’ s talk about an operator called “ typeof. ” This operator can help you in identifying the type of any value. Check the following examples:

```
console.log(typeof 4.5)
// → number
console.log(typeof "x")
// → string
```

The sample code given above used console.log to show the results you ’ ll get with “ typeof. ” Whenever you run this kind of code, you should immediately see the value on your computer screen.

The operators given in the previous section required two values, while typeof requires one. Operators that require two values are known as binary operators. Those that work with a single value, however, are known as unary operators.

### The Boolean Values

Usually, programmers need values that can distinguish between two options, such as “ on ” or “ off ” and “ yes ” or “ no. ” For this purpose, the JavaScript language supports a value type called Boolean (which has two values only: true and false).

### Comparisons

You can use the following method to create Boolean values:

```
console.log(3 > 2)
// → true
console.log(3 < 2)
// → false
```

The < and > characters are the usual symbols used to represent “is less than” and “is greater than”, respectively. Both of these symbols fall under the “binary operators” category. If you’ll apply them in your codes, you will get a Boolean value that shows whether they are true. You can compare strings using the same method.

```
console.log("Aardvark" < "Zoroaster")  
// → true
```

Strings are ordered alphabetically. Also, lowercase letters are “more important” than uppercase ones. That means “a” > “b” is true. JavaScript also includes special characters (e.g. -, !, ?, etc.) in arranging strings. The process of comparison follows Unicode – it assigns a number to each character you might need in programming. This functionality is extremely useful since it allows you to store strings by converting them into number sequences. While comparing string values, JavaScript works from left to right, it checks the number sequences of each character individually.

You may also use similar operators such as <= (i.e. less than or equal to), >= (i.e. greater than or equal to), != (i.e. not equal to), and == (i.e. equal to). Check the following example:

```
console.log("Itchy" != "Scratchy")  
// → true
```

In JavaScript, there is just one value that is unequal to itself. This value is NaN or “not a number.”

```
console.log(NaN == NaN)  
// → false
```

Originally, NaN is used to represent the outcome of an irrational calculation. As such, it cannot be equal to the outcome of other irrational calculations.

## The Logical Operators

In this section, you ' ll learn about the different operations that you can apply to a Boolean value itself. The JavaScript language offers three operators, namely: *and*, *not*, and *or*. You can use these operators to perform logical processes on Boolean values. Because of that, they are known as “ logical operators. ”

### a) and

The `&&` symbol represents “ and. ” This operator is binary. Additionally, it provides a “ true ” result ONLY IF the two values you are working on are both true. Here are some examples:

```
console.log(true && false)
// → false
console.log(true && true)
// → true
```

### b) or

You should use the “ `||` ” symbol to if you want to use the “ or ” operator. “ Or ” will give you a “ true ” result if one of the values you are working on is true. Check the image below:

```
console.log(false || true)
// → true
console.log(false || false)
// → false
```

### c) not

You must use “ `!` ” (i.e. an exclamation mark) to indicate the “ not ” operator. This logical operator is unary: you can use it on a single value. However, “ not ” is unique in that it reverses the value you ' ll assign to it. For example, `!false` will give you true while `!true` will give you false.



## *The Ternary Operator*

This logical operator works on three different values. Known as the conditional operator, it requires you to use “?” and “:” in your scripts. The following code will show you how to use it:

```
console.log(true ? 1 : 2);  
// → 1  
console.log(false ? 1 : 2);  
// → 2
```

The value placed on the left-hand side of the “?” determines which of the remaining values will be selected. If it is “true,” the first option is selected. If it is false, however, the second option is chosen.

## ***Undefined Values***

The JavaScript language supports two special values to indicate the lack of a useful value. These special values are “undefined” and “null.” Although these two are considered as legitimate values, they don’t carry any information.

Often, if a JavaScript operation cannot generate a useful value, it gives out “undefined” just because it is required to generate a value.

According to experts, the difference between null and undefined is a mistake on the part of JavaScript designers. That means these two values are considered equal most of the time. If you have to work on these values, just think of them as interchangeable elements in your scripts.

## ***How to Convert Types Automatically***

You probably know that JavaScript accepts any application, even those that perform unusual things. The expressions listed below will demonstrate this concept clearly:

```
console.log(8 * null)
// → 0
console.log("5" - 1)
// → 4
console.log("5" + 1)
// → 51
console.log("five" * 2)
// → NaN
console.log(false == 0)
// → true
```

If you will apply an operator to an incorrect value type, JavaScript will automatically convert the said value into the proper type. JavaScript performs this function using a collection of rules that are sometimes unexpected or undesirable. Programmers refer to this automatic process as “type coercion.” Because of this, the null in the first line is converted to 0, while the “5” in the next line is converted to 5 (i.e. string-to-number conversion). The third line, however, tries to concatenate the values using the “+” sign, so the 1 becomes “1” (number-to-string-conversion).

If you ’ ll convert a non-number value ( “ six ” or undefined) into a number, you ’ ll get NaN as a result. Applying mathematical operations on a NaN value will produce more NaNs, so if you are getting this value in unexpected or undesirable situations, check your codes for unwanted type conversions.



## Chapter 3: The Program Structure in JavaScript

This chapter will teach you “actual programming.” You’ll be using JavaScript commands that go beyond the nouns and phrases you’ve used so far. Study this material carefully since it will help you master the basics of JavaScript in two weeks.

### *Statements and Expressions*

In the previous chapter, you generated new values by applying operators on existing values. It seems like value creation is the most important part of JavaScript programs. However, it’s just a small part of this powerful language.

The part of a code that creates a value is known as “expression.” Thus, any value that you’ll write literally (e.g. 99 or “ninety-nine”) falls under this category. Expressions are still called expressions even if you’ll enclose them in parentheses. Also, an expression is still an expression even if you are using unary, binary, or ternary operators.

The paragraph above highlights the advantages of a programming interface that is based on language. Expressions act as subsentences in any human language – they can hold other expressions inside them. That means you can mix JavaScript expressions to state confusing calculations.

If expressions are equivalent to subsentences, JavaScript statements are equivalent to complete sentences. Basically, a JavaScript program is just a collection of statements.

The most basic type of statement is a value followed by a semicolon. Based on this principle, we can create this simple program:

```
0;
```

```
false;
```

In JavaScript, the sample given above is considered as a complete program. It's a worthless one, though. Statements are only useful if they do something that affects other things (e.g. showing some characters on the screen, improving the programming environment, etc.). The two statements shown above simply create two values (i.e. 0 and false). They don't change or improve anything. If you'll execute this program, you won't observe anything significant.

## ***The Variables***

How can JavaScript programs maintain themselves? How do they store things? You have seen how to create new values using old ones. However, that process doesn't modify the preexisting values. You also need to use the resulting values immediately or they will simply disappear. To capture and hold values, JavaScript offers variables.

```
var example = 3 * 3;
```

In this example, var (one of the keywords in JavaScript) indicates that the line will create a variable. The keyword is followed by the variable's name and, if you want to assign a value immediately, by an "=" sign and your desired expression.

The statement generates a variable named "example" and uses it to store the product of 3 \* 3.

Once you have defined a variable, you can use its name as an ordinary expression in your future JavaScript statements. The value that you'll get from that "expression" is identical to the value you assigned while creating it. Check the following example:

```
var three = 3;  
  
console.log(three * three);  
  
// -> 9
```

When naming variables, you can use any word that isn't a keyword (e.g. `var`). You can include numbers in the variable's name, but you can't use a number as the initial character. For example, *programming1* is valid but *1programming* isn't. Additionally, you cannot use spaces in naming variables. In terms of special characters, you can only use the dollar sign (i.e. `$`) and the underscore (i.e. `_`). JavaScript doesn't allow you to use punctuation marks in variable names.

You may change the value assigned to a variable. In JavaScript, you can simply use the `=` sign on any variable to give it a new value.

```
var taste = " bitter " ;  
  
console.log(taste);  
  
// -> bitter  
  
taste = " sweet " ;  
  
console.log(taste);  
  
// -> sweet
```

In general, you should think of variables as tentacles instead of containers. A variable grasps values, it doesn't contain them. That means multiple variables can point to a single value.

Let's analyze a simple example. You need to generate a variable to remember the amount Johnny owes you. When he pays you \$50, you have to assign a new value to the existing variable. Check the lines below:

```
var JohnnysDebt = 200;  
  
JohnnysDebt = JohnnysDebt - 50;  
  
console.log(JohnnysDebt);  
  
// -> 150
```

If you will create a variable without assigning a value, it will be considered empty. It will give you “undefined” if you’ll ask for the value it contains.

JavaScript allows you to include several variables in one var statement. When using this functionality, you should separate the variables using commas. Here’s an example:

```
var three = 3, four = 4;  
  
console.log(three + four);  
  
// -> 7
```

### ***The Reserved Words in JavaScript***

As discussed earlier, you can’t use keywords when naming your variables. However, there are other words that you can’t use as variable names because JavaScript has reserved them for future developments. Here are some of the reserved words in this scripting language:

*in, do, let, if, new, try, with, case, void, with, while, false, yield, extends, delete, default, const, debugger, class, break, finally, null, private, return, import, protected, switch, super, interface, instanceof, throw, implements*

Keep in mind that you can’t use the words given above when defining variables. If you’ll forget about this simple rule, you might experience problems when working with JavaScript programs.

## ***JavaScript Environments***

The term “environment” refers to the set of active values and variables. Basically, environments cannot be empty while starting up a JavaScript program. Environments hold variables related to the language itself, and often, they have variables that allow interactions with computer systems. For instance, in web browsers, various functions and variables exist to check and affect the current website and read the inputs from the mouse and keyboard.

## ***The Functions***

The default JavaScript environment involves functions. Functions are pieces of computer programs linked to a value. You may apply these values to activate the linked program. For instance, in browser environments, `alert` (i.e. a variable) contains a function that displays a dialog box. Here ’ s an example:

```
alert( “ You are not authorized to access this page! ” );
```

You may execute a function by placing parentheses after a JavaScript expression that generates a function value. Often, you ’ ll indicate the name of the variables that contain your desired functions. By enclosing values inside the parentheses, you are assigning those values to the program/s within the function. For the previous example, “ `alert` ” uses the assigned string to show a message in the resulting dialog box. Programmers use the term “arguments” when referring to the value/s assigned to a function.

## ***The “console.log”***

You can use “`alert`” when trying out new strings or statements. However, since it requires you to close out the resulting windows, you might find it inconvenient and time-consuming. Because of this, you might want to use the function you ’ ve seen in the earlier sections of this book: `console.log`. Almost all JavaScript systems (e.g. Node.js, web browsers, etc.) offer this function to transfer arguments to a text-compatible output device.

When it comes to web browsers, the code ’ s output goes to the console of JavaScript.



Although this section of the browser GUI is usually hidden, you can access it by pressing certain keys (i.e. for Windows computers, hit F12; For Mac computers, hit Command-Option-I). If you are having problems viewing this part, you may run an intra-device search for “ developer tools ” or “ web console. ” Analyze the following example:

```
var a = 99;  
  
console.log( “ one hundred minus one is ” , a);  
  
// -> one hundred minus one is 99
```

As discussed earlier, you can ’ t use periods or commas when naming variables. However, the example given above contains one. The reason for this is that console.log isn ’ t an ordinary variable. It is a JavaScript expression that collects the “ log ” information from the value stored in “ console ” (which is a variable).

### ***The Return Values***

Writing information on the screen and displaying dialog boxes are known as side effects. Because of these side effects, functions are important in the JavaScript language. You may also use functions to generate values – in this case, a function can be useful even without its side effects. For instance, Math.max (a JavaScript function) receives an unlimited number of numeric values and indicates the highest one. Here ’ s an example:

```
console.log(Math.max(1, 2, 3, 4, 5));  
  
// -> 5
```

In JavaScript, anything that generates values is considered as an expression. That means you can perform function calls in large expressions. In the example below, you ’ ll use the Math.min function as an input for the “ + ” operator:

```
console.log(Math.min(1, 2) + 98);  
  
// -> 99
```



## **Chapter 4: More Information About Functions in JavaScript**

In the previous section, you've learned how to create and call function values. This chapter will help you understand this important topic further. According to expert programmers, functions serve as your main tools when using JavaScript. Functions are powerful tools that can help you design large programs, minimize redundancy, name subprograms, and secure isolation for each subprogram. That means you have to master functions if you want to be use JavaScript effectively. This chapter will help you to learn this scripting language in just two weeks.

Many people apply functions to define new vocabularies. That means you can use them to create words and assign meanings.

An average English speaker has about 20,000 words in his/her vocabulary. Well, programming languages usually don't have that amount of built-in commands. That means the vocabulary in programming is more precise than those used in human languages. If you want to minimize redundancy, you have to add your own words into JavaScript and create your own vocabulary.

### ***How to Define a Function***

Defining a function is like defining an ordinary variable. The only difference is that the value you are assigning is a function. For instance, the code below defines a variable named "square." This variable points to a function that generates the square of any assigned number.

```
var square = function(x) {  
    return x * x;  
};  
  
console.log(square(12));  
// → 144
```

When creating a function, you should start an expression with this keyword: “function.” Each function has two parts: (1) body and (2) parameter/s. The function’s body stores the JavaScript statements that you want to execute once the function is invoked (or called). Additionally, you should always enclose the body using curly braces (even if it contains a single statement).

A parameter, on the other hand, is a name listed in the function’s definition. Functions may have one or more parameters. Actually, you can even create a function without entering any parameter. To help you understand this concept, let’s create two functions: `makeNoise` and `power`.

```
var makeNoise = function() {  
    console.log("Pling!");  
};  
  
makeNoise();  
// → Pling!  
  
var power = function(base, exponent) {  
    var result = 1;  
    for (var count = 0; count < exponent; count++)  
        result *= base;  
    return result;  
};  
  
console.log(power(2, 10));  
// → 1024
```

As you can see, `makeNoise` doesn’t have any parameter. Meanwhile, “`power`” has two (i.e. `base` and `exponent`).

### ***The Parameters and Scopes in JavaScript***

A function’s parameters behave like ordinary variables, although they get their original

value from the programmer, not from the function they are linked to.

Here is an important property of any function: all of the variables created in it (even the parameters) are local to it. That means, for instance, that “result” in the power statement will refresh itself each time the function is invoked. These separate repetitions don’t affect each other.

It is important to note that this “principle of locality” is applicable only for variables and parameters defined using “var.” Additionally, you should define the variables and parameters within the function’s body. A variable defined outside of a function is called global, since it can be seen and accessed throughout the JavaScript application. You may access global variables and parameters from within a function if they have no “local” counterparts.

The code below illustrates this concept. It declares and invokes two functions that give a value to “x.” The first function defines the variable as a local one. The second function, on the other hand, doesn’t. That means if you will reference x inside the function, you’ll point to the global x (shown at the first line of the example).

```
var x = "outside";

var f1 = function() {
  var x = "inside f1";
};
f1();
console.log(x);
// → outside

var f2 = function() {
  x = "inside f2";
};
f2();
console.log(x);
// → inside f2
```

This functionality helps you in preventing unintended references or interactions between different functions. If JavaScript allows you to share all variables throughout the entire program, you’ll have to spend lots of time and effort in ensuring that names aren’t

duplicated. Reusing variable names can give unexpected or undesirable effects on your codes. Thus, it can ruin the programs you are working on.

Since this language treats local variables as if they exist only inside their respective function, it can work on functions as distinct worlds. JavaScript won't have to worry about the entire application whenever you work on a single function.

## The Nested Scope

Aside from defining local and global variables, JavaScript uses other methods to distinguish different kinds of functions. For example, you may create functions within existing functions. This technique produces multiple levels of locality.

For instance, the function given below contains two functions:

```
var landscape = function() {
  var result = "";
  var flat = function(size) {
    for (var count = 0; count < size; count++)
      result += "-";
  };
  var mountain = function(size) {
    result += "/";
    for (var count = 0; count < size; count++)
      result += "1";
    result += "\\\";
  };

  flat(3);
  mountain(4);
  flat(6);
  mountain(1);
  flat(1);
  return result;
};

console.log(landscape());
// → ___/111\\_____/1\\_
```

Both functions (i.e. flat and mountain) can access the “ result ” variable because they are placed within the function that declares that variable. However, they can ’ t access each other ’ s variables. That means the program environment located outside the function cannot access the variables it contains.

Programmers who have used other languages might think that they can create new local environments by enclosing code blocks using curly braces. In JavaScript, however, only functions can generate new scopes.

## ***Using Functions as Ordinary Values***

Usually, function variables serve as names for a certain piece of a program. You cannot modify existing function variables: once you have defined them, they will stop you from performing any future modifications. This characteristic can cause confusions regarding names and the functions they refer to.

Obviously, a function and a variable are two different things. Function values can do what typical values can do – you may call and use them for complex expressions. You may change the location of a function value, assign it as an argument for a function, etc. In the same manner, variables that contain functions are still considered as regular variables. That means you can give them new values.

## ***Declarations***

JavaScript offers a quick and easy way to declare functions. You just have to start your statements using the keyword “function.” For instance:

```
function square(x) {  
    return x * x;  
}
```

The statement given above is known as a “declaration.” It defines a variable named square and gives it a certain function. This example is easy to understand. However, this method of defining functions has a subtlety:

```
console.log("The future says:", future());  
  
function future() {  
    return "We STILL have no flying cars.";  
}
```

The latest example works perfectly, even if the function is declared under the code it is assigned to. This code is valid because declarations ignore the top-to-bottom statement structure. You can actually move a declaration onto the top of its scope so that local codes can access it. This functionality can be useful since it allows you to arrange codes in a meaningful way, without having to define all of the affected functions.



## ***The Optional Arguments***

The JavaScript language accepts the code given below. You won't encounter any problem while invoking it.

```
alert( " Hi " , " Good Morning " , " How are you? " );
```

Officially, the "alert" function accepts a single argument only. However, it won't complain if you'll invoke it using the sample code above. It will just accept the first argument (i.e. " Hi ") and ignore the rest.

This programming language is "open-minded" when it comes to the quantity of arguments you can assign to your functions. If you'll assign too many arguments, it will accept the valid ones and ignore the others. If your arguments are not enough, however, JavaScript will complete your statement by assigning "undefined" to the appropriate parameters.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you learn the basics of JavaScript in two weeks.

The next step is to start writing your own applications using this powerful scripting language.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

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## Introduction

I want to thank you and congratulate you for downloading the book, “ *Learn the basics of SEO in 2 weeks* ” .

This book contains proven steps and strategies on how to reach the top spot in search engine results page the right way.

Most amateur search marketers look for the quickest ways to rank in their selected keywords. Because of the unnecessary sense of urgency, some of them use methods that are frowned upon by search engines. Because of this, many people were affected by search algorithm updates in the past. This book offers you the right way to rank in Google and other search engines. These are the basics of search engine optimization that were tried and tested by white hat SEO professionals. Using these techniques, you will not experience major hits in your traffic even when big algorithm updates roll out.

(Provide any additional information about the book. Make sure the introduction SELLS the book, as people can see this when they preview it on Amazon or Kindle. You can either write this, or request that your book writer does).

Thanks again for downloading this book, I hope you enjoy it!





## **Chapter 1: What is SEO and Why is it Important to your Website?**

The internet is an ocean of information. It is a network of interconnected computers from all around the world. It allows us to access information from computers halfway around the world.

By itself however, the internet is a big mess. It is full of webpages that cater to the needs to billions of individuals. Early on, engineers have been looking for a tool that can organize all the information in the web and help people find what they are looking for in the least amount of time.

The search engine is that tool.

This is the function of the search engine. They “crawl” through as many webpages as they can by making artificial intelligence visit webpages and collect information. They add information about the crawled pages in an index. When a person types a search query, the search engine runs through all the crawled pages and brings back a list of pages that fits the query. It then organizes these pages according to their relevance to the query of the user.

Billions of people use search engines monthly. Some of them may be interested in your website. In order to drive traffic into your website, you want your webpages to rank high in the search results of your target visitor.

### **What are search queries?**

Search queries are questions from search engine users. They are using the search engine to look for answers. Here are the three types of questions that people ask search engines:

## **Where/ how can I find name of thing?**

Some people use queries to look for specific real world things or locations. A person may be looking for a second-hand car around New York. He asks the search engine to look for all the posted classified ads about second-hand cars by typing:

“ Second-hand cars in New York City classified ads ”

He finds that there are too many results so he narrows down his search to:

“ Second-hand Lexus in Manhattan craigslist ”

What, When and Where Questions

Most of the time however, people use search engines to look for information. Some people for example, use search engines to look for answers for their schoolwork. Many people also go to search engines to look for news about current events relevant to them. Instead of looking for a phonebook, people also find it faster to find the address and contact number of a business through the internet.

## **What is the website of [company name]?**

Lastly, people use search engines to go to specific areas on the web. Some people for example, want to go to the website of their local newspaper. They do not know the exact website address so they ask google to lead them there.

The search engine has become the primary source of answers for most people in developed countries. The majority of users of search engines like Google trust the search results compiled by the algorithm. Most people expect to find the answer to their query in top result. If the first five results do not seem to have the answer to their question, people tend to think that there must be something wrong with the phrase they used in the query. Most people refine their search just like the guy looking for a second-hand Lexus in New York.

## **How does this affect your website?**

If you want to get more traffic into your website, you need to know how search engines work and you need to be able to optimize your webpages so that they will be crawled, indexed and shown in the top of the search results page.

Showing up in search is not good enough when it comes to SEO. The top result is clicked on more than 18% of the time. The number of clicks your pages get lowers as your pages shows up lower on the search engine results page.

In the advent of smartphones, people thought at first that the popularity of websites would begin to decrease. The average person thought that apps would replace search. If this will indeed happen, it has not showed up so far. Though the number of hours spent in front of desktop computers has decreased, people are still using search to find the information that they need and the items that they want. People with websites optimized for mobile phone screens will get the bulk of the traffic from mobile search.

Activity for Days 1 and 2: Decide on your website ' s topic or niche

It is easier for your website to rank if your website is focused on one subject. If you already have a general information website or blog, you can decide on the best topic to pursue based on the popular posts or content you already have.

When thinking of a topic or niche for your website, you should also consider your personal goal for building it. The type of content that you create henceforth should take you a step closer to reaching your goal.



## **Chapter 2: Limitations of the search technology**

The search engine is the most popular tool for looking for information on the web. However, even with all the improvements in search algorithm and page crawling technology, this tool still has plenty of limitations. For instance, a search engine cannot directly tell on its own if a webpage is relevant to users after crawling and indexing it. It needs to look for more clues in order to know if a certain page should be on the top of the search results for certain keywords.

Your job as a webmaster and search marketer is to provide search engines with the clues they will need to put you on the top result. Search engine experts refer to these clues as ranking factors. Ranking factors are the information that search engine spiders look for when they arrive at your website. They compile these ranking factors during indexing. A webpage 's position in the search results for keywords will depend on how well their ranking scores are, based on these factors.

Even when considering hundreds of ranking factors, search engines still have many limitations.

What are the limitations of search engines?

- Crawler bots rely on links to get around

The search engine crawlers ' purpose is to make a virtual map of the entire searchable internet, and by that, we mean the parts of the internet that regular people can access. To jump from one page to another, they use hyperlinks in the pages that they crawl. These digital bridges are an important ranking factor.

If there are some pages in your website that does not have a link leading to it, you should

expect that it will not be indexed and not show up in search result pages.

- They cannot crawl to pages protected by online forms

It is common for websites to ask their visitors to become members. To become one, you need to fill up a membership form. Search engines are not equipped with the programming to fill up all types of forms. Because of this, they cannot crawl any information that webmasters exclusively show to members.

- They are specialized for text-content

Search engine crawlers specialize in gathering information from text-based websites. Their ability to collect and organize information from non-text content is severely limited. A crawler bot for example will not be able to tell on its own, how a picture looks. They also face similar challenges with video, audio, image, flash and plug-in contents.

To work around this, search companies ask webmasters to include text information with these contents. Without this additional information, certain types of content in a webpage will not be given much weight when ranking it.

- They require keywords to match

When a user uses the search engine, they generally type in a phrase that describes what they are looking for. The search engine algorithm has evolved and they are more capable than ever to provide you with relevant webpages 90% of the time. Users may run into some issues however if they are not using the right terms. Millions of users use uncommon terms when searching for something unfamiliar.

This limitation is common among people who are new to the English language. When they do not know the word for something, they may use adjectives to describe it. A native English speaker will know what he may be trying to say but search engines do not have the programming to understand what a non-native speaker may be asking for.

This issue also becomes difficult to work with when we are using language subtleties that are unfamiliar for the search AI. The difference in spelling of the same words among different English speaking countries for example will affect your search result ranking. If you use “behaviour” in place of “behavior” consistently for example, the search engine may think that your webpage is designed for British users. This will affect your ranking among American users.

Success in search marketing will greatly depend on your knowledge of the language that you are working with. If you are targeting a specific minority group as prospect visitors for your website for example, you should know the subtle differences in their use of language. It also helps if you have knowledge of their searching behavior.

- Proper names vs general names

Because of the dependence on keywords, search engines also have the challenge of reading words in the right context. This challenge becomes more difficult as users use keywords that have multiple meanings. For example, popular culture has been using the word “black” quite extensively. There are songs, movies, and brands that contain that word. People who type them in search may also be referring to the color of an item they are looking for. Because of this, search engine users tend to make longer phrases when they search to make the results more specific to their needs. Because of this search behavior, webmasters started targeting long-tail keywords. These are phrases that people usually use when searching. They are more than three words long and they refer to very specific needs of the searcher.

The search technology is constantly changing. Engineers are continuing to develop new forms of technology so the A.I. can work around these limitations. It is because of these limitations that we need to optimize our webpages for both users and the search engines.

Activity for Days 3 and 4:

You should take the time to review the limitations of search engines discussed in this



chapter and think of the difficulties of your prospective visitors in reaching your website through the search engines.

You should also take the time to check your website ' s visibility in search engine results page. Use generic keywords and phrases for your industry or niche. If you cannot find your website in the first three pages, you need to do a lot of work. If you are in the top three pages but you are not in the first page, your goal is to climb up the ladder. Regardless of your position, you should use the strategies and information in this book to improve your website ' s ranking.



## **Chapter 3: Your Target Users: The Beginning of your Search Marketing Strategy**

When developing a search marketing strategy for a website, you need to start thinking about the group of people who may find value in the information found in your website. They are the types of people who are most likely to click on your webpage when they see it in the search result page. Search engines bridge the gap between your website content and people who need them.

### **Profiling your target search engine users**

Internet users make billions of searches every month. Not all of these searches however, are valuable to your website. The number of people looking for the types of information in your website depends on the popularity of the industry or niche of your website. The more popular the niche, the more searchers it will have. Popular niches however, also have a lot of competition.

To get ahead of your competition, you need to get to know your ideal visitors. You can do this by creating a profile of the ideal visitor for your website. If you already have a website that has been running for a while, you may be able to gather some information about the types of people who are visiting your website through the analytics software that you use. Here are some types of the information about your visitors that you will need:

- Age
- Gender
- Language
- Location
- Common interest

By obtaining these types of information, you will be able to guess the words that people are most likely to use when using search engines. You may also need some additional information depending on the type of website that you have.

### Your goals for your visitors

After creating a profile of your ideal visitors, you need to decide on what you want these people to do when they arrive at your website. If you are selling something on your website, you may need to tweak the design to make sure that the users can start making a purchase from your indexed pages.

Other websites want their visitors to fill up forms, answer surveys, or sign up for membership.

Having a goal also allows you to refine the types of keywords that you are targeting. If you are selling something for example, you may need to target purchase-related phrases. Some marketers only target phrases used by people who are in the late stages of the purchasing process.

### Activity for Days 5 and 6: Identify your Target Users

The next activity is to identify the characteristics of the ideal visitors for your website. Ideal visitors refer to the people who are most likely to do what you want accomplished. You should state what these people have in common. Aside from the information stated in chapter 3, you should also research on other websites that also cater to the needs of the same target market. You should check out their designs and the types of content that they offer.



## **Chapter 4: Choosing Keywords to Rank**

Now that you know who your target visitors are, you need to choose the right keywords that they will use when they search for information that you are offering.

To know the keywords that your target users are using, you need to put yourself in your target users' shoes. You need to use the information that you have in the profile that you have created to guess the right types of language that you should use.

You also need to remind yourself of the limitations that the search engine technology have. You need to make sure that your keywords represent the types of content that you are showing in your page as well as the intent of your prospect visitors. Your ultimate goals it to provide what the prospect visitors need and then convert them into buyers, subscribers, members or, at the very least, return visitors.

Most beginner webmasters think that they should choose just one strong keyword and use that in all the pages of their website. To search engines, this strategy will look a lot like keyword stuffing.

If you want to make your website as the primary source of information for your topic, you need to aim to rank well on multiple keywords that are related to your website's topic. If your website is about a TV show for example, you may want to target its title in your website's home page. You should then create posts or pages related to the show like a page about the character. In this page, you may use this example "[TV show title] characters" as your main keyword.

There are free and paid tools that will help you find the most used keywords for certain topics. One of the most popular among them is Google Adwords Keyword Planner.

When planning your keywords, you should also consider the following factors:

- The name of the products or services that you are offering

This includes the generic name of the service and the brand. Some people who are thinking of purchasing something usually know the brand that they want to purchase so you should have website content that directly addresses the questions about these brands. These types of content will help your website be found through search.

- Related topics regarding your products or services

You should also provide content for topics related to your product or service. Many company websites for instance, include company updates. This shows activity in your website. One of the most important ranking factor is frequency of updates.

- Seasonal popular keywords

You should also prepare search-marketing campaigns for seasons when high volume of sales and traffic is to be expected. For retail websites for example, Christmas, Valentines and Thanksgiving seasons are big events. In this season, people tend to look for ideas online for offline purchases. You should take advantage of people ' s habit to splurge during these seasons.

### **Using Keywords when constructing your webpages.**

Every time you create a blog post or a new webpage, you need to consider the target keywords that you will use. You should target one main keyword for each page or post you create. Your keywords should be in line with the activity that you want your visitors to perform. If you want your visitors to purchase something, your goal is to build a webpage targeting keywords used by searchers with an intent to buy. You could also make webpages with keywords used by searchers who are researching about specific products.

When you know the keywords to rank for, your next goal is to put them strategically in

your webpage. When placing your keywords in these locations, you must make sure that they appear naturally. Your primary goal is for your content to be understood by human visitors. User experience is always more important than any SEO strategy. With that in mind, you should place your keyword in the following parts of your website:

- URL extension

It helps if your domain name already contains the keyword that you want to rank for. Most of the time however, you will need to insert the keywords at the later parts of the URL to make sure that it is included in the URL bar.

- Title Tag

The title tag gives the crawlers an idea of what your page is about. Generally, you need to add your keywords as early as possible in the title tag. The challenge with this strategy is when you have a creative title planned. Sometimes, putting the keywords in the early part of the title tag makes it sound awkward. You should prioritize user experience if this is the case.

- Near the top of the page

You should also include the keywords in the first paragraph of your content. Lengthy types of contents are not entirely scanned by crawlers. Aside from the title tag, crawlers also try to figure out what your content is about from the first paragraphs. This is why you need to include your keywords in these areas.

- Text content of the page

Aside from the first paragraph, you should also add the keywords 3-4 times in various parts of the content. In this case, you may need to make variations of the main keywords to make it sound natural and to avoid redundancy for the readers.

- Alt-attribute of images

You should also add sentences or descriptions of your pictures in the image's alt-



attribute. This will help your images rank well in the image search feature of search engines. You should make sure that you only include images related to your content. You should also try to make unique images and photos. This will make your images stand out in the image search result pages and may lead to higher click through rates.

## **Meta description**

All the other attributes above will make webpages rank better in the search engine result pages. To keep your webpages ranking high, you need to make sure that people who see it click on it to go to your page. A webpage 's past click-through rates is also an important ranking factor.

Two important factors will improve your click-through rate in the search engine. The first one is the title of your content, which was discussed earlier in this section. The second one is the description under the title. Most content management software (CMS) will use the first part of the text content as the description by default. You should check with your CMS on how to add a meta description so that you can control the text that appears below your title in the search engine result pages. You need to experiment on different copies of your description to be able to arrive at the ones that yield the highest click-through rates.

## **Activity for Days 7 and 8: Do Keyword Research**

When you already have a website and a specific topic to pursue, your next move is to find keywords and phrases that will help you reach your goals for your website. Refer to the tips in this chapter to understand how keywords work in SEO and how to use them. Aside from the ever-popular Google AdWords Keyword Planner, there are other free online tools that you can use when researching for the best keywords for your website:

### **Microsoft Bing Ads**

This is Bing 's version of the keyword planner. If a large part of your website traffic comes from Bing, you should also use this tool.

## **Google Trends**

Google trends provide you with the popular keywords used by people around the world. They also allow you to check what is popular in your country right now and in the past. You can also get insights on the fluctuation of popularity of certain keywords and phrases over the years.



## **Chapter 5: User Experience Affects your Ranking**

In the last chapter, we discussed the importance of keeping your targeted keywords in line with what your webpages are about and what your visitors need.

If your website for example focuses on muscle-building workout equipment, you should target keywords that people use to look for that type of item online.

When people click on the link to your webpage on the search engine results page, they have expectations that you need to meet. In this particular example, if you rank in the right keywords, the visitor may expect to find different types of weighted exercise tools. You may also add food supplements that increase the rate of muscle growth.

Let us say that your visitor arrives to your website using the key phrase “ muscle-building workout equipment ” but when they got to your website, they found that you focus on yoga tips and you only review yoga-related products. In this case, your visitor will be slightly disappointed with the results and may click the “ back ” button in their mobile device or their browser.

This is an example of a bad user experience. Search engines try to avoid sending people to the wrong websites. They also try to prevent poorly structured websites from ranking well. To make sure that only the best websites for a particular topic gets the top spot in the search result pages, the search engine algorithm considers multiple ranking factors. Check your website for the following ranking factors for a generally great user experience:

- Keyword-topic alignment

The first factor to consider is the keywords that you use. When your topic and your dominant keywords are not in line, your webpage may rank on keywords not related to the

content you offer. This will lead to unsatisfied users. You may even get penalties in future algorithm updates.

- Inbound link quality

Links are a signal to the search engines that the webpage 's content is popular. This gives them the idea that people who may be interested in it in the future will have a good user experience when engaging with the content.

Popular websites have a considerable advantage when it comes to building links. More people are already following their content and they are more likely to get links from other great quality websites right after they publish.

- Navigational structure

Your website 's navigation is also important. Generally, you should make sure that visitors could reach all the pages from your home page in three clicks or less. If you have not planned on your website 's navigation on your building stage, you should take the time to list down all your webpages and make sure that they are easily accessible from your home page.

- User Engagement

When people click on the back button right after clicking on your link in the search engine results page, the search engine thinks that the user was disappointed with what they experienced. This could happen for a variety of reasons. For instance, it could be because a particular webpage is too slow in loading content. It could also be because they saw that the content in the webpage was not what they need. However, people can click back for less important reasons. Regardless of people 's reasons for clicking the back button, it will affect your page 's ranking in the search engines.

To prevent this from happening, you should design your content to keep people engaged.

If you are using dominantly text content, write your first paragraph well to get people hooked and not want to click back. You should also provide photos and images so that they will not just see a wall of text. If you have a video on the page, you need to make sure that it is functioning well and it loads fast. Lastly, you should have links to other interesting content to make sure that your visitor does not “bounce” or leave your website after the first page.

- Machine insights

One of the most significant updates in the world of SEO is the Panda updates of 2011. Google introduced a new part in its ranking algorithm, referred to in the SEO industry as machine learning. In a nutshell, the algorithm mimics how humans judge website quality. Many seasoned websites were overtaken by upstart websites when the updates rolled out because the design and overall user experience of the newer websites were better than the older ones. The black hat SEO practitioners were the target of the updates however; good quality websites with a few black hat practices were also affected.

Google’s goal was to clean up its search results from badly built websites that provide less than satisfactory user experience. As long as you keep your content quality high and you make sure that your users are satisfied with what you offer, you will be safe. By following the tips in this book, you will be able to avoid some of the negative effects of past updates and possibly, some future updates.

Activity for Days 9 – 10: Design your website according to the preference of your ideal visitors

You should make sure that your website looks great to your ideal visitors. All the content that you have should also fit their needs and wants. Lastly, you should test your website’s navigation. You need to make sure that you connect pages with related content through links. If you have someone to help you out, you should have him or her look for a specific information in your website. You should then ask them for feedback on your website’s navigation.



## **Chapter 6: Building your Webpages' Link Profile**

Search engines consider links as popularity metrics. After the Panda updates, Google still considers links as valuable, but it has become stricter in using them as ranking factors.

### **How search engines use links:**

Make sure your links relate to your main topic

The types of links leading to your website should depend on the type of content that you offer. If you offer celebrity news for example, the websites publishing your links should also be related to celebrities. This includes celebrity blogs, forums and other celebrity news sites.

You should also consider the locality of your website. If your website caters to the population of a specific city, links from websites also related to that city will have more weight than links from websites that offer general information.

### **Popular websites hold more weight.**

You should also consider a website's popularity when looking for sources of links. A link from the New York Times website will hold more weight than a link from your friend's blog. Search engines consider these types of website as trustworthy. Links from spam websites will also do your webpages more harm than good.

### **Be careful in using anchor texts.**

In the link structure, the most important factor to consider is the anchor text. This is the part of the code of the link that users can read and click. The anchor texts of links leading



to your website should also be related to your topic. However, you should make sure that the anchor texts leading to your webpages look natural. If all of them use the same anchor texts, Google may think that you are gaming the system or using black hat methods to build links.

### **Build links slowly over time.**

Search engines may also think that you are using such methods if your website is new but you already have hundreds of links. To avoid this from happening, you should make sure that the SEO companies or professionals you hire will not build links that point to your website indiscriminately.

### **A link ' s value decreases over time.**

Amateur marketers also think that the quality of the links they have remain the same as long as it is live. Google however, has taken freshness of content as an important factor when ranking. As the websites that link to you become less popular, your ranking also goes down. To prevent this from happening, you should produce content regularly that will contribute to your link profile.

Activity for days 11 -13:

You will need a lot of time in building your website ' s link profile but taking these steps will help you in starting the process. Your first task is to find people who also have websites similar to yours. They should not offer spam content and they should be managed by reputable companies or online marketers.

Your next step is to collect contact information about the owners of these websites and start communicating with them. One of the best ways to do this is to offer to do a guest post on their website. Most webmasters will welcome an opportunity to get free content on their website. They will review your content before they give it the go signal so you need to make sure that it is of high quality. You will need 2 days to create a well-researched and excellent content and a day to start sending out emails.

On the 14<sup>th</sup> day, you should review on the improvement of your ranking and what other tasks you can do to improve it further.

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you to learn about SEO and improve your ranking in the search engine results page.

The next step is to continue on learning and implementing the best practices for SEO. This industry is still developing. You need to keep yourself informed of the latest updates to keep your website competitive in the ranking.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

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# SQL Bootcamp

# **Learn the Basics of SQL Programming in 2 Weeks**

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## Introduction

I want to thank you and congratulate you for downloading the book, “ *Learn the Basics of SQL Programming in 2 Weeks.* ”

This book contains proven steps and strategies on how to study the SQL programming language quickly and effectively.

This eBook will teach you the basics of SQL, a powerful computer language used in relational databases. Since this is a short book, it focuses on the most important aspects of SQL. It explains the basics of the language, the characteristics of database systems, the commands that you can use, and the constraints that you may apply on your databases. Basically, everything that you ’ ll read in this book is designed to help you learn SQL in two weeks. This book doesn ’ t have any irrelevant piece of information.

If you want to become a proficient SQL user, this is the book you need. Read this material carefully and analyze the syntaxes it contains. That way, you ’ ll surely master the foundations of the SQL computer language.

Thanks again for downloading this book, I hope you enjoy it!





# Chapter 1: SQL – Basic Information

This book offers a unique teaching approach: it will help you learn the fundamentals of the SQL programming language in 2 weeks. Additionally, it will provide you with examples that can aid you in mastering this language immediately.

Basically, SQL is a computer language used in databases. It involves data rows, column modifications, and database generation.

## *SQL - Structured Query Language*

SQL is a language that you can use to store, manipulate, and retrieve information stored inside a relational database.

This is considered as the standard computer language for RDSs (i.e. Relational Database Systems). Modern database systems such as MySQL, Oracle, Informix, Sybase, and MS Access utilize SQL as their standard language.

## *The Main Advantages Offered by SQL*

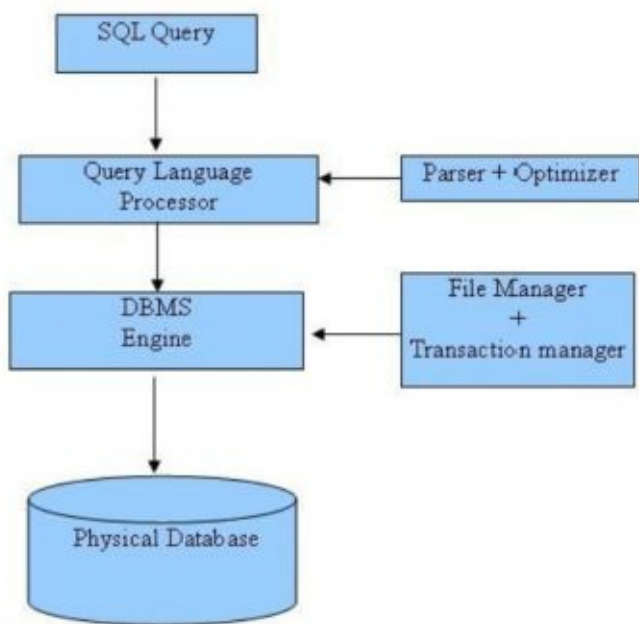
SQL allows you to do the following:

- Access information within relational database systems.
- Add descriptions for the information you ' ll store.
- Define and manipulate the data stored in your databases.
- Use other languages through its built-in libraries, pre-compilers, and modules.
- Generate and delete tables and databases.
- Generate, view, and store functions within your databases.
- Assign access rights on your tables and database objects.

## ***How Does SQL Work?***

Whenever you run SQL commands on a relational database management system, the system identifies the ideal way to process your request. Then, the SQL engine will interpret the activities involved.

The process outlined above involves different components. These are: Optimization Engines, Query Dispatcher, SQL Query Engine, and Classic Query Engine. The image below will show you the basic architecture of an SQL process:



## ***The Commands That You Can Use in SQL***

This section of the book will explain the basic SQL commands. Study this material carefully since it can help you learn SQL within 2 weeks.

According to expert programmers, the standard commands in SQL are SELECT, CREATE, UPDATE, DROP, DELETE, and INSERT. Let 's classify these commands according to their behavior:

### ***The Data Definition Language (also known as DDL)***

- CREATE – Generates a new object or table inside a database.

- ALTER – Edits existing objects within a database.
- DROP – Removes database objects.

### The Data Manipulation Language (also known as DML)

- INSERT – Generates a new record in a database.
- UPDATE – Edits existing records in a database.
- DELETE – Removes existing database records.

### The Data Control Language (also known as DCL)

- GRANT – Allows you to give access privileges to certain database users.
- REVOKE – Allows you to take back access privileges from certain users.

### The Data Query Language (also known as DQL)

- SELECT – Allows you to retrieve records from your database.



## Chapter 2 – The Basic Concepts of Relational Database Management Systems

SQL is a language you can use to interact with relational database management systems. Thus, you should also understand the basic characteristics of these database systems. This chapter will explain the basics of RDBMSs so that you can successfully learn SQL in 14 days.

### *What is a Database Table?*

In a RDBMS, information is saved inside a database object known as a “ table. ” A table is a set of related database entries and is composed of rows and columns.

You should know that tables are the most basic and common forms of information storage in relational database systems. Here ’ s an example of a database table:

ID	Name	Sex	State
1	John	Male	New York
2	Mark	Male	Florida
3	Christian	Male	Texas
4	Paul	Male	Illinois
5	James	Male	Nevada
6	Peter	Male	Arkansas
7	Simon	Male	Virginia

## Fields

Each database table contains smaller parts known as “fields.” In the example given above, the fields are: ID, Sex, Name, and State.

Fields are columns inside a table that are created to retain certain information about each database record.

## Rows

A row, also known as a “data record,” is an individual database entry stored in a table. For instance, the table shown above has seven records. Here is a sample record:

1	John	Male	New York
---	------	------	----------

Basically, records are horizontal entities found inside a table.

## Columns

Columns are vertical entities found inside a table. They contain information related to a certain field. For instance, ID is one of the columns in the example given above. It represents the identification number of the listed people.

ID
1
2
3
4

5
6
7

### Null Values

Null values in a database table are blank. That means fields that contain “ NULL ” are empty.

You should keep in mind that NULL values are different from zeroes and “ spaces ” (i.e. the character you ’ ll get after hitting the spacebar). A field acquires NULL when the database user doesn ’ t enter any value during table creation.

### The Constraints in SQL

In SQL, a constraint is a rule applied on certain data columns. It is used to restrict the kind of information that can be stored in the table. Basically, constraints help you in ensuring the reliability and accuracy of your databases.

You can apply constraints on a tabular or columnar level. Thus, you may apply constraints on certain columns or entire tables.

Here are some of the popular constraints in the SQL programming language:

- UNIQUE – This constraint prevents data redundancy in your selected columns. For instance, you may need to prevent listed users from having the same identification number. Analyze the following example:



```
CREATE TABLE CUSTOMERS (
    ID INT NOT NULL,
    NAME VARCHAR (20) NOT NULL,
    AGE INT NOT NULL UNIQUE,
    ADDRESS CHAR (25) ,
    SALARY DECIMAL (18, 2),
    PRIMARY KEY (ID)
);
```

This code creates a table named CUSTOMERS and divides it into five columns. The UNIQUE constraint is applied on the AGE column, so you can ' t enter two or more customers with identical age.

If you want to apply this constraint on an existing column, you may use the following syntax:

*ALTER TABLE (insert name of table here)*

*MODIFY (insert name of column) (specify the value type) NOT NULL UNIQUE;*

- **DEFAULT** – This constraint allows you to set default data. However, you can only use this if INSERT INTO (another SQL statement) doesn ' t have a particular value. Here ' s an example:

```
CREATE TABLE CUSTOMERS (
    ID INT NOT NULL,
    NAME VARCHAR (20) NOT NULL,
    AGE INT NOT NULL,
    ADDRESS CHAR (25) ,
    SALARY DECIMAL (18, 2) DEFAULT 5000.00,
    PRIMARY KEY (ID)
);
```

This code generates a table named CUSTOMERS and divides it into 5 columns. As you can see, “ 5000.00 ” is tagged as the default value for the salary column.

That means if you can't add any value using the INSERT INTO command, the column will receive 5000.00 automatically.

To remove this constraint, you may use the following syntax:

*ALTER TABLE (insert name of table here)*

*ALTER COLUMN (insert name of column here) DROP DEFAULT;*

- NOT NULL – Columns can contain NULL values. If you don't want to have NULL values in certain columns, however, you may utilize this constraint. This constraint will prevent the system from entering NULL values in the columns you specified.

Important Note: NULL values represent unknown information. Thus, they are different from “no information.”

The screenshot below shows you how to apply the NOT NULL constraint using SQL:

```
CREATE TABLE CUSTOMERS (  
    ID INT NOT NULL,  
    NAME VARCHAR (20) NOT NULL,  
    AGE INT NOT NULL,  
    ADDRESS CHAR (25) ,  
    SALARY DECIMAL (18, 2),  
    PRIMARY KEY (ID)  
);
```

The code given above generates a table named CUSTOMERS and creates 5 columns. You cannot enter NULL values in ID, AGE, and NAME because the NOT NULL constraint is applied on them.

To apply NOT NULL on an existing column, use the following syntax:

*ALTER TABLE (name of table here)*

*MODIFY (name of column) (specify value type) NOT NULL;*

- CHECK – This constraint can check the values you are storing into the table. If the specified condition gives “ false, ” you won ’ t be able to add a value into your records. Analyze the code given below:

```
CREATE TABLE CUSTOMERS (  
    ID INT NOT NULL,  
    NAME VARCHAR (20) NOT NULL,  
    AGE INT NOT NULL CHECK (AGE >= 18),  
    ADDRESS CHAR (25) ,  
    SALARY DECIMAL (18, 2),  
    PRIMARY KEY (ID)  
);
```

That code creates a table named CUSTOMERS and divides it into five columns. The CHECK constraint is applied on AGE. Based on its condition (i.e. >= 18), you won ’ t be able to add customers whose age is below 18.

To apply this constraint on an existing table, you should use the following syntax:

*ALTER TABLE (name of table you want to edit)*

*MODIFY (name of column you want to use) (specify the value type) NOT NULL  
CHECK (name of column and the condition you want to apply);*

- INDEX – You should use this constraint to generate or retrieve data quickly. When creating an index, you may select a single column or a set of columns. Active indices receive a ROWID for every row before they sort out the information.

Good indices are necessary if you want to improve the reliability and performance of your databases. However, you should be extremely careful while creating an index. You should choose the fields that you ' ll use while running database searches. The SQL statement below creates a table named CUSTOMERS and divides it into 5 columns:

```
CREATE TABLE CUSTOMERS (  
    ID INT NOT NULL,  
    NAME VARCHAR (20) NOT NULL,  
    AGE INT NOT NULL,  
    ADDRESS CHAR (25) ,  
    SALARY DECIMAL (10, 2),  
    PRIMARY KEY (ID)  
);
```

- Primary Key – This is a field that identifies every record inside the table. When creating a primary key, you may use a single field or combine several ones. Keys that involve several fields are known as “ composite keys. ” Primary keys must hold unique values (i.e. they won ' t accept duplicate or NULL values).
  - How to assign a primary key while creating a new table - Use the following syntax when defining a primary key in your new tables:

```
CREATE TABLE CUSTOMERS (  
    ID INT NOT NULL,  
    NAME VARCHAR (20) NOT NULL,  
    AGE INT NOT NULL,  
    ADDRESS CHAR (25) ,  
    SALARY DECIMAL (10, 2),  
    PRIMARY KEY (ID)  
);
```

- How to assign a primary key for an existing table – Here ' s the syntax you should use:

*ALTER TABLE (insert name of table here) ADD PRIMARY KEY (specify the name of column here);*

Important Note: If you ' ll assign a column as the primary key, you have to make sure that it won ' t accept NULL values.

- How to delete a primary key - To disable a primary key, you should use the following syntax:

*ALTER TABLE (name of table) DROP PRIMARY KEY;*

- Foreign Key – This key allows you to link data tables. For this reason, some programmers refer to foreign keys as “referencing keys.”

Foreign keys are columns whose values are identical to the primary key of another table. That means the primary key of one table must match the foreign key of a different table.

To help you understand this concept, let ' s use two sample tables: CUSTOMERS and ORDERS.

The CUSTOMERS table:

```
CREATE TABLE CUSTOMERS(  
    ID INT NOT NULL,  
    NAME VARCHAR (20) NOT NULL,  
    AGE INT NOT NULL,  
    ADDRESS CHAR (25) ,  
    SALARY DECIMAL (16, 2),  
    PRIMARY KEY (ID)  
);
```

The ORDERS table:

```
CREATE TABLE ORDERS (  
    ID INT NOT NULL,  
    DATE DATETIME,  
    CUSTOMER_ID INT references CUSTOMERS(ID),  
    AMOUNT double,  
    PRIMARY KEY (ID)  
);
```

If you want to assign a foreign key on an existing table, you should use the following syntax:

*ALTER TABLE (insert the table 's name here)*

*ADD FOREIGN KEY (specify the column you want to use as the foreign key)  
REFERENCES (name of the table you want to use as a reference) (name of the  
second table 's primary key);*



## Chapter 3: The Syntax of SQL Statements

The SQL language uses a distinct collection of rules known as “syntax.” This chapter will teach you the basic syntax used in SQL. Study this material carefully since it will help you master this computer language in just 2 weeks.

Each SQL command begins with one of the following keywords: USE, DROP, SHOW, ALTER, UPDATE, INSERT, SELECT, DELETE, or CREATE. Additionally, each command ends with a semicolon.

You should know that SQL statements are not case sensitive. That means DELETE and delete are identical when it comes to SQL commands. If you are using MySQL, however, you should enter names as they appear on the database.

### *The Syntax of Basic SQL Commands*

#### The SELECT Statement

```
SELECT column1, column2....columnN  
FROM   table_name;
```

This statement has the following clauses:

- The DISTINCT Clause -

```
SELECT DISTINCT column1, column2....columnN  
FROM   table_name;
```



- The WHERE Clause -

```
SELECT column1, column2....columnN
FROM   table name
WHERE  CONDITION;
```

- The AND/OR Clause -

```
SELECT column1, column2....columnN
FROM   table name
WHERE  CONDITION-1 (AND|OR) CONDITION-2;
```

- The IN Clause –

```
SELECT column1, column2....columnN
FROM   table name
WHERE  column_name IN (val-1, val-2,...val-N);
```

- The BETWEEN Clause –

```
SELECT column1, column2....columnN
FROM   table_name
WHERE  column_name BETWEEN val-1 AND val-2;
```

- The LIKE Clause –

```
SELECT column1, column2....columnN
FROM   table name
WHERE  column_name LIKE { PATTERN };
```

- The ORDER BY Clause –

```
SELECT column1, column2....columnN
FROM   table name
WHERE  CONDITION
ORDER BY column_name {ASC|DESC};
```

- The GROUP BY Clause –

```
SELECT SUM(column name)
FROM   table name
WHERE  CONDITION
GROUP BY column_name;
```

- The COUNT Clause –

```
SELECT COUNT(column name)
FROM   table name
WHERE  CONDITION;
```

- The HAVING Clause –

```
SELECT SUM(column name)
FROM   table name
WHERE  CONDITION
GROUP BY column name
HAVING (arithmetic function condition);
```

### The CREATE TABLE Command

```
CREATE TABLE table_name(
column1 datatype,
column2 datatype,
column3 datatype,
.....
columnN datatype,
PRIMARY KEY( one or more columns )
);
```

### The DROP TABLE Command

```
DROP TABLE table_name;
```

### The CREATE INDEX Command

```
CREATE UNIQUE INDEX index name
ON table_name ( column1, column2,...columnN);
```

### The DROP INDEX Command

```
ALTER TABLE table name
DROP INDEX index_name;
```

### The DESC Command

```
DESC table_name;
```

### The TRUNCATE TABLE Command

```
TRUNCATE TABLE table_name;
```

### The ALTER TABLE Command

```
ALTER TABLE table_name {ADD|DROP|MODIFY} column_name {data_type};
```

### The ALTER TABLE Command (for renaming tables)

```
ALTER TABLE table_name RENAME TO new_table_name;
```

### The INSERT INTO Command

```
INSERT INTO table_name( column1, column2....columnN)  
VALUES ( value1, value2....valueN);
```

### The UPDATE Command

```
UPDATE table_name  
SET column1 = value1, column2 = value2....columnN=valueN  
[ WHERE CONDITION ];
```

### The DELETE Command

```
DELETE FROM table name  
WHERE {CONDITION};
```

### The CREATE DATABASE Command

```
CREATE DATABASE database_name;
```

### The DROP Database Command

```
DROP DATABASE database_name;
```

### The USE Command

```
USE DATABASE database_name;
```

### The COMMIT Command

```
COMMIT;
```

### The ROLLBACK Command

```
ROLLBACK;
```



## Chapter 4: The Different Data Types in SQL

In the SQL language, data type is a characteristic that determines the type of any database object. All columns, variables, and expressions involve data types in SQL.

You should indicate data types while generating new tables. Additionally, you have to select data types for your tables based on your needs.

This computer language supports many types of data. Let 's divide these types into six major categories:

### 1. *Exact Numeric*

DATA TYPE	FROM	TO
Bigint	-9,223,372,036,854,775,808	9,223,372,036,854,775,807
Int	-2,147,483,648	2,147,483,647
Smallint	-32,768	32,767
Tinyint	0	255
Bit	0	1
Decimal	$-10^{38} + 1$	$10^{38} - 1$
Numeric	$-10^{38} + 1$	$10^{38} - 1$
Money	-922,337,203,685,477.5808	+922,337,203,685,477.5807
Smallmoney	-214,748.3648	+214,748.3647

### 2. *Approximate Numeric*

DATA TYPE	FROM	TO
Float	$-1.79E + 308$	$1.79E + 308$
Real	$-3.40E + 38$	$3.40E + 38$

### 3. Time and Date

DATA TYPE	FROM	TO
Datetime	Jan 1, 1753	Dec 31, 9999
Smalldatetime	Jan 1, 1900	Jun 6, 2079
Date	Stores a date like June 30, 1991	
Time	Stores a time of day like 12:30 P.M.	

### 4. Character Strings – This is divided into two subcategories:

#### 1. Unicode Strings

DATA TYPE	Description
Nchar	Maximum length of 4,000 characters.( Fixed length Unicode)
Nvarchar	Maximum length of 4,000 characters.(Variable length Unicode)
nvarchar(max)	Maximum length of 231characters (SQL Server 2005 only).( Variable length Unicode)
Ntext	Maximum length of 1,073,741,823 characters. ( Variable length Unicode )

#### 2. Non-Unicode Strings

DATA TYPE	FROM	TO
Char	Char	Maximum length of 8,000 characters.( Fixed length non-Unicode characters)
Varchar	Varchar	Maximum of 8,000 characters.(Variable-length non-Unicode data).
varchar(max)	varchar(max)	Maximum length of 231characters, Variable-length non-Unicode data (SQL Server 2005 only).
Text	text	Variable-length non-Unicode data with a maximum length of 2,147,483,647 characters.

### 5. Binary

DATA TYPE	Description
Binary	Maximum length of 8,000 bytes(Fixed-length binary data )
Varbinary	Maximum length of 8,000 bytes.(Variable length binary data)
varbinary(max)	Maximum length of 231 bytes (SQL Server 2005 only). ( Variable length Binary data)
Image	Maximum length of 2,147,483,647 bytes. ( Variable length Binary Data)

### 6. Miscellaneous

This category involves the following data types:

- timestamp – This data type stores a unique number that becomes updated whenever a row becomes updated. You may access this unique number in any part of your database.
- xml – This data type stores XML (i.e. Extensible Markup Language) information. You may save XML data in columns or variables.
- table – This type saves the results of your database queries so that you can use them in the future.
- cursor – This data type allows you to make references to any cursor object in your database.
- sql\_variant – This can store the values of all SQL-compatible data types, except timestamp, text, and next.
- unique identifier – This data type can store GUIDs (i.e. Globally Unique Identifiers).





## Chapter 5: The Operators in the SQL Language

Operators are reserved words or characters that you can use for your SQL commands. Generally, operators are used in the WHERE section of your commands to conduct operations (e.g. comparisons, mathematical operations, etc.).

You can use an operator to specify a condition in your SQL statements. In some cases, you may utilize an operator as a conjunction if your commands involve multiple conditions.

This chapter will discuss the four types of operators supported by SQL:

- Logical Operators
- Arithmetic Operators
- Comparison Operators
- Operators that can nullify conditions

### ***The Logical Operators***

These are the logical operators that you can use in the SQL computer language:

- IN – You can use this operator to compare a value against your specified literal values.
- OR – This operator combines various conditions in the WHERE section of your SQL commands.
- AND – This operator allows you to include multiple conditions in the WHERE clause of your SQL commands.
- ALL – This operator compares a value against values that are inside a different value set.

- ANY – This operator uses a condition to perform comparisons.
- LIKE – This operator uses wildcard operators to compare values against similar ones.
- UNIQUE – This operator checks the uniqueness of your entries. To accomplish this, the UNIQUE operator scans the entire table and searches for redundant data.
- EXISTS – This operator searches for rows that meet specified criteria.
- BETWEEN – This operator searches for values that are inside a certain range. When using BETWEEN, you should indicate the highest value and the lowest value.
- IS NULL – This operator compares a value against a NULL value.

### ***The Arithmetic Operators***

To help you understand these operators, let ' s use two sample variables:  $x = 1$ ;  $y = 2$ .

- “ + ” – You should use this operator to perform addition. For instance,  $x + y = 3$ .
- “ - ” – You must use this operator to perform subtraction. It will subtract the value of the right operand from that of the left operand. For example,  $y - x = 1$ .
- “ \* ” – You should use this operator when performing multiplication. Here ' s an example:  $x * y = 2$ .
- “ / ” – You should use this operator when performing division. For example:  $y / x = 2$ .

### ***The Comparison Operators***

Let ' s assume that  $x = 2$  and  $y = 4$ .

- “ = ” – This operator checks the equality of two values. If the values are equal, the condition is true. For example:  $(x = y)$  is not true.
- “ != ” – This operator checks the equality of two values. If the values are unequal,

the condition is true. For example: (y != x) is true.

- “ <> ” – This operator is the same as “ != ” . For example: (x <> y) is true.
- “ > ” – This operator checks if the left operand ’ s value is greater than that of the right operand. If it is, the condition is true. For instance: (y > x) is true.
- “ < ” – This operator checks whether the left operand ’ s value is less than that of the right operand. If it is, the condition is true. For instance: (x < y) is true.
- “ >= ” – This operator checks if the left operand ’ s value is greater than or equal to that of the right operand. If it is, the condition is true. For example: (y >= x) is true.
- “ <= ” – This operator checks if the left operand ’ s value is lesser than or equal to that of the right operand. If it is, the condition is true. For instance: (x <= y) is true.

### ***The Operator that can Nullify Conditions***

- NOT – This operator can reverse the function of the logical operator you ’ ll use it with. For example: NOT IN, NOT EXISTS, NOT BETWEEN, etc.



## Chapter 6: The SQL Expressions

Basically, an expression is a group of values, functions, and operators. SQL expressions can help you evaluate database values.

In this computer language, an expression is a formula that you must write using a query language. You may also use an expression to run a database query for certain pieces of information.

### *The Syntax*

Here is the format of the SELECT command:

```
SELECT column1, column2, columnN  
FROM table name  
WHERE [CONDITION|EXPRESSION];
```

Now, let ' s talk about the expressions supported by SQL:

*The Boolean Expressions* – These expressions retrieve data by matching a single value.

Here is the basic syntax of a Boolean expression:

```
SELECT column1, column2, columnN  
FROM table name  
WHERE SINGLE VALUE MATCHING EXPRESSION;
```

*The Numeric Expressions* – You can use these expressions to conduct mathematical operations in your database queries. Here is the syntax that you should use:

```
SELECT numerical expression as OPERATION NAME  
[FROM table_name  
WHERE CONDITION] ;
```

The Date Expressions – These expressions give you the time and date information of your system.





## Chapter 7: How to Use SQL in Your Databases

This chapter will teach you how to apply SQL commands on your own databases. By reading this material, you ' ll be able to interact with relational databases using the SQL computer language. This material is extremely important because it will help you master the basics of SQL in just 2 weeks.

### *How to Create a Database*

To create a new database, you should use the CREATE DATABASE command. Here ' s the syntax that you should follow:

```
CREATE DATABASE DatabaseName;
```

Important Note: Relational database management systems require unique database names.

Let ' s use the CREATE DATABASE command to generate a new database.

```
CREATE DATABASE sample;
```

The command given above creates a new database named “ sample. ”

Important Note: You won ' t be able to create a new database if you don ' t have admin privileges.

### *How to Delete a Database*

In the SQL language, you use the DROP DATABASE command to delete an active

database. Use the following syntax:

*DROP DATABASE (insert the name of your database);*

For example, let ' s say you want to delete a database named “ sample. ” Here ' s the SQL command you need to use:

*DROP DATABASE sample;*

Important Note: You should be extremely careful when using this command. Keep in mind that deleting a database involves permanent loss of data.

### ***How to Select a Database***

If you own multiple databases, you have to make sure that you are performing your desired operations on the right database/s. You should utilize the USE command to choose an existing database. Analyze the following syntax:

*USE (insert name of the database here)*

For instance, to select a database named “ sample, ” use the following SQL command:

*USE sample*

### ***How to Create a Table***

If you are creating a new table, you should name that table and define its columns and supported data types. You should use the CREATE TABLE command to accomplish this task. Here ' s the syntax you should follow:

```
CREATE TABLE table name(  
    column1 datatype,  
    column2 datatype,  
    column3 datatype,  
    .....  
    columnN datatype,  
    PRIMARY KEY( one or more columns )  
);
```

Basically, “CREATE TABLE” is a keyword that informs the system about your desire to create a new table. The identifier or name of your table comes after the CREATE TABLE command.

Then, create a list that defines the columns and data types that you want to use. Don't worry if this is a bit confusing. You'll understand this once you have analyzed the example given below.

### ***How to Create a New Table from an Existing One***

You may copy an existing table by combining two commands: SELECT and CREATE TABLE.

By default, the table that you'll get will have the column definitions of the old one. However, you may select certain columns from the old table and discard the others. That means you may modify the new table according to your needs.

If you'll succeed in using this command, the new table will acquire the current values of the old table. Here's the syntax that you should use:

```
CREATE TABLE NEW_TABLE_NAME AS  
SELECT [ column1, column2...columnN ]  
FROM EXISTING TABLE NAME  
[ WHERE ]
```

For instance, you would like to use a table named EMPLOYEES to generate a new one (let's say you'd like to call it “COMPENSATION”). Then, you want to copy two of the columns inside the EMPLOYEES table: NAME and SALARY. To accomplish this task, you can use the following SQL code:

***CREATE TABLE COMPENSATION AS***

*SELECT NAME, SALARY*

*FROM EMPLOYEES;*

The code given above creates a new table named COMPENSATION, which has two columns: NAME and SALARY. Additionally, these columns will acquire the values found in the old table (i.e. EMPLOYEES).

### ***How to Delete a Table***

You can use the DROP TABLE command to delete a table and all the information it contains (e.g. data, constraints, indexes, etc.).

Important Note: You have to be careful when using this command. Remember that it involves the permanent removal of stored information. If you ' ll drop the wrong table, you will face serious problems regarding your database.

The syntax of this command is:

*DROP TABLE (insert the table ' s name here);*

For example: *DROP TABLE sample*

The command given above deletes a table named “ sample ” from your database.

### ***How to Add New Data Rows***

The INSERT INTO command allows you to add new data rows to an existing table. This command involves two syntaxes:

#### **The First Syntax**

```
INSERT INTO TABLE NAME (column1, column2, column3,...columnN) ]  
VALUES (value1, value2, value3,...valueN);
```

You should use this syntax if you want to add data into certain columns.

### *The Second Syntax*

```
INSERT INTO TABLE_NAME VALUES (value1,value2,value3,...valueN);
```

You must use this syntax if you want to add values to all of the columns of your table. That means you won't have to identify the columns you are working on. However, make sure that the sequence of the values is the same as that of the existing columns in the table.

### ***How to Retrieve Data from a Table***

You may use the SELECT command to retrieve data from a table. Here, SQL will present the search results as a new table. These new tables are known as “ result sets. ”

The syntax of the SELECT command is:

```
SELECT column1, column2, columnN FROM table_name;
```

In this syntax, column1, column2, etc., are the fields that you like to retrieve. If you like to retrieve all of the fields inside a table, you may use this syntax:

```
SELECT * FROM table_name;
```

### ***The WHERE Clause***

WHERE is an SQL clause that specifies a condition while retrieving information from your chosen tables.

If your specified condition is met, this clause will retrieve specific values from your table. In general, you should use WHERE to filter and retrieve the records that you need.

You may also use WHERE in other SQL commands such as DELETE and UPDATE. You ' ll learn about these commands later on.

The syntax that you should use is:

```
SELECT column1, column2, columnN  
FROM table name  
WHERE [condition]
```

You may use logical or comparison operators to set a condition for your WHERE clause.

### ***How to Combine Various Conditions***

SQL allows you to combine different conditions on your database queries. You just have to include the OR and AND operators in your SQL commands. SQL users refer to OR and AND as conjunctive operators.

Basically, the conjunctive operators allow you to perform multiple comparisons in a single SQL command. Let ' s discuss OR first:

#### OR

You may use this operator to combine various conditions in a command ' s WHERE clause. The syntax of this operator is:

```
SELECT column1, column2, columnN  
FROM table name  
WHERE [condition1] OR [condition2]...OR [conditionN]
```

N represents the quantity of conditions that you can combine using OR. Your SQL

statements will perform an action only if one of your specified conditions is true.

### AND

This operator allows you to place several conditions in the WHERE clause of an SQL command. Here 's the syntax that you should use:

```
SELECT column1, column2, columnN  
FROM table name  
WHERE [condition1] AND [condition2]...AND [conditionN];
```

“ N ” represents the quantity of conditions that you can combine. Keep in mind that your SQL command will only perform an action if all of the conditions are true.

### ***How to Modify Existing Records***

In the SQL language, you may edit existing records using the UPDATE query. This query, which is applied on the WHERE clause, allows you to edit data rows. Here 's the syntax that you should use:

```
UPDATE table name  
SET column1 = value1, column2 = value2...., columnN = valueN  
WHERE [condition];
```

### ***How to Delete Records***

If you want to delete records, you may use SQL 's DELETE Query. You can combine this query with SELECT to delete certain rows. On the other hand, you may use DELETE as a standalone query to delete all of the data rows. Here 's the syntax of this query:

*DELETE FROM the\_table 's\_name*

*WHERE [specify you condition/s];*

If you need to remove all the records from a table, you may simply remove the WHERE clause. Thus, the syntax will be:

*DELETE FROM the\_table ' s\_name;*

### ***How to Perform Comparisons Through Wildcard Operators***

In SQL, you may use wildcard operators to compare a value against similar values. You just have to include these operators in the LIKE clause of your SQL commands. Here are the wildcard operators that you can use with LIKE:

- The underscore (i.e. “ \_ ” )
- The percent symbol (i.e. “ % ” )

You should use an underscore if you want to represent a single character or number. You must use the percent sign, on the other hand, if you want to represent, 0, 1, or several characters. You may combine these wildcard operators in your SQL statements.

Here is the syntax of the wildcard operators:

```
SELECT FROM table name
WHERE column LIKE 'XXXX%'

or

SELECT FROM table name
WHERE column LIKE '%XXXX%'

or

SELECT FROM table name
WHERE column LIKE 'XXXX '

or

SELECT FROM table name
WHERE column LIKE ' XXXX'

or

SELECT FROM table_name
WHERE column LIKE '_XXXX_'
```

### ***How to Use the TOP Clause***

The TOP clause allows you to retrieve a number or percentage from your data tables.

Important Note: Some databases are not compatible with this clause. For instance, MySQL



uses LIMIT to retrieve records.

The syntax of a SELECT command with the TOP clause is:

```
SELECT TOP number|percent column name(s)
FROM table name
WHERE [condition]
```

### ***How to Sort Data***

SQL offers ORDER BY, a clause that sorts data in descending or ascending order, depending on the column/s you use as a basis. The syntax that you should is:

```
SELECT column-list
FROM table name
[WHERE condition]
[ORDER BY column1, column2, .. columnN] [ASC | DESC];
```

You may include multiple columns in this clause. However, make sure that all of the columns you want to use are inside the column-list.

### ***How to Mix the Results of Multiple SELECT Commands***

In SQL, you may combine results from multiple SELECT commands while preventing redundant rows. You just have to use the UNION clause.

To use this clause, your SELECT statements should have the same quantity of selected columns and column expressions. The statements must also have the same type of data and column arrangement. However, the statements don't need to have identical lengths.

The syntax for this clause is:

```
SELECT column1 [, column2 ]  
FROM table1 [, table2 ]  
[WHERE condition]
```

UNION

```
SELECT column1 [, column2 ]  
FROM table1 [, table2 ]  
[WHERE condition]
```



## Chapter 8: How to Combine Records Using SQL

You may use the JOIN clause to combine records from multiple databases. Basically, JOIN is a method that can combine fields from different tables.

### *The Different Types of JOIN*

The SQL computer language supports different kinds of JOIN. These are:

- SELF JOIN – You can use this if you want to link a table to itself as if you are working on different tables. While doing this, you should rename at least one table in your SQL command.
- RIGHT JOIN – This JOIN retrieves all data rows from the right table. SQL will complete this task even if no matches exist between the two tables.
- LEFT JOIN – This JOIN returns all data rows from the left table. The SQL language will complete this even if no matches exist between the tables involved.
- FULL JOIN – This JOIN retrieves data rows if one of the tables has a match.
- INNER JOIN – This returns data rows if both tables have a match.
- CARTESIAN JOIN – This JOIN retrieves the Cartesian values of the record sets from the joined tables.

Let ' s discuss each JOIN in detail:

### *The INNER JOIN*

This is one of the most important joins in SQL. It generates a new table by mixing the column values of different tables. The database query checks the rows of all tables to

determine if there are row pairs that meet the join-predicate 's requirements. If the pairs of rows satisfy the join-predicate, the values for those rows are placed in a new table. Here ' s the syntax that you should use:

```
SELECT table1.column1, table2.column2...  
FROM table1  
INNER JOIN table2  
ON table1.common_field = table2.common_field;
```

### ***The LEFT JOIN***

This JOIN retrieves all data rows from the left table. SQL does this even if the right table doesn ' t have any match. Thus, if your command ' s ON clause has 0 matches with the right table, you ' ll still get a data row from the process. However, the columns from the right table will have NULL values inside them.

The syntax of this join is:

```
SELECT table1.column1, table2.column2...  
FROM table1  
LEFT JOIN table2  
ON table1.common_field = table2.common_field;
```

### ***The RIGHT JOIN***

This JOIN returns all data rows from the table on the right. The SQL language will do this even if the left table doesn ' t have any match. Basically, you ' ll still get at least one data row from this process even if your command ' s ON clause has no matches with the left table. However, the columns from the left table will contain NULL values.

The syntax of this join is:

```
SELECT table1.column1, table2.column2...  
FROM table1  
RIGHT JOIN table2  
ON table1.common_field = table2.common_field;
```

### ***The FULL JOIN***

This SQL JOIN mixes the results of the left and right joins. The new table will have all of

the records from the two tables. Here ' s the syntax that you should use:

```
SELECT table1.column1, table2.column2...  
FROM table1  
FULL JOIN table2  
ON table1.common_field = table2.common_field;
```

Important Note: FULL JOIN uses NULL values to fill records that don ' t match.

### ***The SELF JOIN***

You should use this join if you want to link a table to itself. As noted earlier, you have to rename at least one of the tables in your SQL statement.

The syntax of this JOIN is:

```
SELECT a.column name, b.column name...  
FROM table1 a, table1 b  
WHERE a.common_field = b.common_field;
```

## ***The CARTESIAN JOIN***

This JOIN retrieves the Cartesian products of the record sets from the tables that you are using. Because of this, SQL users consider this as an INNER JOIN whose join-condition is always true. The syntax of the CARTESIAN JOIN is:

```
SELECT table1.column1, table2.column2...  
FROM table1, table2 [, table3 ]
```

## Conclusion

Thank you again for downloading this book!

I hope this book was able to help you learn the basics of SQL in just two weeks.

The next step is to use this computer language in creating and managing your own databases.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

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# JavaScript Academy

# **The Stress Free Way To Learning JavaScript Inside & Out**

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## Introduction

I want to thank you and congratulate you for downloading the book, *School of JavaScript*.

This book contains proven steps and strategies on how to master the basics of the JavaScript language.

This eBook is created for people who want to learn JavaScript quickly and easily. By focusing on the most important aspects of JavaScript, this book will teach you what you need to know in just a few pages. This is the only book you ' need if you want to understand the basics of the JavaScript programming language.

Thanks again for downloading this book, I hope you enjoy it!



## **Chapter 1: The JavaScript Language**

### ***Basic Information***

JavaScript is one of the most popular programming languages today. This language plays an important role in the development of modern websites and webpages. Its characteristics and capabilities can help you create dynamic websites that support user interactions. Additionally, JavaScript is an interpreted computer language that possesses powerful object-oriented features.

This language was originally called “LiveScript,” but NetScape (the company that created it) changed the name to JavaScript in order to exploit the popularity enjoyed by Java (another programming language). It must be pointed out that JavaScript has no connection with the Java language.

### ***The Client-Side Form of JavaScript***

According to computer experts, the most popular variant of this language is the Client-Side JavaScript. Website developers use this variant in creating their projects. In general, you may use Client-Side JavaScript in two different ways:

- Include it in the codes of the webpage/s
- Save it in an external file

For the second option, you will need to use an HTML document to reference the external file and link it to your website.

Basically, you don't have to use static HTML in creating your webpages. You can include apps and programs that allow browser control, user interactions, and dynamic creation of HTML files.



The Client-Side type of JavaScript has various advantages over typical CGI (i.e. Common Gateway Interface) server-side scripts. For instance, you can use Client-Side JavaScript to determine if the user has provided valid contact information in your form fields.

JavaScript codes run whenever a user submits a form. Then, the system will analyze the information in the submitted form. This mechanism ensures that the Web Server won't process invalid requests. Thus, Client-Side JavaScript offers better security and performance for your websites.

This programming language also allows you to collect implicit or explicit actions that users initiate (e.g. link navigation, button clicks, etc.).

### ***The Advantages Offered by JavaScript***

Here are the main advantages offered by this programming language:

- You can reduce server interactions – JavaScript can validate the information entered by the users before sending it to the web server. That means you can filter out the useless traffic from your server.
- Instant feedback – Your website visitors will immediately see if they have missed a field or entered the wrong data. They will see the error message without any page reload.
- Improved webpage interactivity – With JavaScript, you can generate user interfaces that respond to mouse and keyboard inputs.
- Enhanced Interfaces – In this language, you can easily add cool interface items (e.g. sliders, drag-and-drop components, etc.) to provide your website visitors with an enhanced interface.

### ***The Disadvantages of JavaScript***

Just like other things in life, JavaScript has its own drawbacks. The main ones are:

- This language doesn't have multiprocessing or multithreading capabilities.
- You can't use JavaScript for networking programs. This language doesn't

support programs/applications that focus on networking.

- You can't read or edit files written using Client-Side JavaScript. These features are disabled for security reasons.



## Chapter 2: The Syntax of JavaScript

You may implement this language by placing JavaScript statements inside your webpage's **<script>** tags. In general, you can put these **<script>** tags anywhere in the webpage. Professional website developers, however, usually keep these tags inside the page's **<head>** tags.

Basically, a **<script>** tag instructs browsers to interpret the text it contains as a script. Here is the basic syntax of JavaScript:

```
<script ...>  
    JavaScript code  
</script>
```

Script tags accept the following attributes:

- Language – This attribute indicates the language being used. Recent versions of HTML and XHTML, however, no longer support this attribute.
- Type – This is the attribute being used in modern sites and webpages. You must use it to indicate the computer language you are using. Make sure that its value is “text/javascript”.

Taking those attributes into account, the syntax of JavaScript is:

```
<script language="javascript" type="text/javascript">  
    JavaScript code  
</script>
```

### *Using JavaScript for the First Time*

In this section, you'll be using this scripting language for the first time. The code that

you will use is designed to display “Hello World” on the screen of your computer. As you can see, the JavaScript code (see the screenshot below) involves an optional HTML element. That HTML comment allows you to save the code from browsers that don’t support the JavaScript language.

The symbol “//→” terminates the HTML comment. In JavaScript, “//” represents comments. That means you have to use a pair of slashes to prevent browsers from interpreting HTML comments as part of your JavaScript statements. Then, you must invoke the **document.write** function to write a string into your HTML file.

*Important Note: You can use the document.write function to write HTML statements, text-based content, or both.*

Here’s the code that you must type into your JavaScript editor:

```
<html>
<body>
<script language="javascript" type="text/javascript">
<!--
    document.write ("Hello World!")
//-->
</script>
</body>
</html>
```

If written and executed properly, the code given above will show you: **Hello World!**

### ***Whitespaces and Line Breaks***

This scripting language ignores tabs, spaces, and newlines inside your programs. That means you may use these elements to make your JavaScript codes readable and understandable.

## ***Semicolons***

Similar to other computer languages (e.g. C++), JavaScript requires you to terminate simple statements using a semicolon. However, you won't have to add a semicolon if your statements are entered on separate lines. For instance, the code below works fine even if it doesn't have any semicolon:

```
<script language="javascript" type="text/javascript">
<!--
    var1 = 10
    var2 = 20
//-->
</script>
```

## ***The Case-Sensitivity of JavaScript Statements***

This programming language is case-sensitive. For example, “WORD,” “Word,” and “word” are treated as three different entities in JavaScript. That means you must be consistent with letter capitalization when working on functions, keywords, variables, and other identifiers.

## ***JavaScript Comments***

You must remember the following rules when creating a comment in JavaScript:

- This language ignores all of the text placed between the “//” symbol and the end of a line.
- You may use /\* and \*/ to create comments. In general, programmers employ these symbols when creating multi-line comments.
- JavaScript also allows you to use <!-- (i.e. the symbol used in HTML to start comments) when writing single-line comments.
- JavaScript doesn't recognize --> (i.e. the symbol used in HTML to end comments). You must use // --> instead.



## Chapter 3: The Placement of JavaScript Codes

You can place JavaScript codes in any part of an HTML file. However, the recommended areas for keeping JavaScript codes inside an HTML document are:

- In the `<head> </head>` area
- In the `<body> </body>` area
- In the `<head> </head>` and `<body> </body>` areas of the document
- Inside an external document

This chapter will discuss each of these areas.

### *Placing Your Code in the `<head> </head>` Area*

This is the ideal area if you want your scripts to run during specific events (e.g. when the user clicks on a button). The sample code below will show you how to save codes in this area.

```
<html>
<head>
<script type="text/javascript">
<!--
function sayHello() {
    alert("Hello World")
}
//-->
</script>
</head>
<body>
Click here for the result
<input type="button" onclick="sayHello()" value="Say Hello" />
</body>
</html>
```

---



If entered correctly, the code will show you this:

Click here for the result

Say Hello

### ***Placing Your Code in the <body> </body> Area***

In general, you should place a JavaScript code in the <body> section if you want it to produce content as the webpage loads. Here, you don ' t have to define any function using JavaScript. Here ' s an example:

```
<html>
<head>
</head>
<body>
<script type="text/javascript">
<!--
document.write("Hello World")
//-->
</script>
<p>This is web page body </p>
</body>
</html>
```

That code generates the following result:

Hello World

This is web page body

### ***Placing Your Code in the <head> </head> and <body> </body> Areas of the Document***

You also have the option to place your JavaScript code in both the <head> and <body> areas of the HTML file. Analyze the following example:

```
<html>
<head>
<script type="text/javascript">
<!--
function sayHello() {
    alert("Hello World")
}
//-->
</script>
</head>
<body>
<script type="text/javascript">
<!--
document.write("Hello World")
//-->
</script>
<input type="button" onclick="sayHello()" value="Say Hello" />
</body>
</html>
```

If you entered the code properly, opening the HTML file will give you this:



### ***Placing the Code in an External File***

While using JavaScript, you ' ll surely find many situations where you have to use the same codes on different webpages. Typing the same code repeatedly can be boring and time-consuming. Fortunately, you can simply save your JavaScript codes in an external file. Then, you just have to link that file to the webpages that need the identical codes.

In using this method, you should use a **script** tag and the **src** attribute. Check the example below:

```
<html>
<head>
<script type="text/javascript" src="filename.js" ></script>
</head>
<body>
.....
</body>
</html>
```

This method requires you to write your JavaScript code inside a text file and save it using “ .js ” as the extension (e.g. example.js).

Let ’ s try a simple exercise. Copy the code below into a text file and save it as “ filename.js ” . Then, utilize the **sayHello** function of your HTML document after adding the filename.js file.

```
function sayHello() {
    alert("Hello World")
}
```



## Chapter 4: The Variables in the JavaScript Language

### *The Different Data Types in JavaScript*

Similar to other programming languages, JavaScript has its own set of supported data types. Thus, there are certain values and information that you can represent and manipulate using JavaScript.

This programming language supports these basic data types:

- Boolean (i.e. true or false)
- Strings (e.g. “ This book is awesome. ” )
- Numbers (e.g. 1, 2, 3, 123, etc.)

JavaScript also supports **null** and **undefined**, two data types that describe a single value. Lastly, this language uses a complex type of data called “ object. ” You ’ ll learn about objects later in this book.

Important Note: JavaScript treats all numbers as floating-point values.

### *The Variables*

As a JavaScript user, you may think of variables as containers: you may place different types of information in a variable. To access the stored data, you just have to specify the container that holds it.

You have to declare variables before you can use them. In JavaScript, you should use **var** when declaring a variable. Check the following example:

```
<script type="text/javascript">
<!--
var money;
var name;
//-->
</script>
```

The code given above declares two variables: **money** and **name**.

The process of saving data into a variable is known as variable initialization. Most programmers initialize variables during the declaration. However, you may simply declare a variable without saving any value: you can save data into the variable once you need to.

For example, you can create a variable called **profit** without entering any value. Once you have deducted your expenses from your gross income, you may go back to the variable you created and enter the information. To initialize a variable, you just have to indicate the variable's name, place an equal sign, and enter the value you want to assign. Here's an example:

```
var profit;
```

```
profit = 1,000,000.00;
```

JavaScript is considered as an “untyped” computer language. That means JavaScript variables can contain any type of data. This is a great advantage over other languages, which require users to specify the data type during variable creation.

### ***The Scope of a Variable***

A variable's “scope” is the area of your computer program in which it is declared. JavaScript supports the following scopes:

- Local – Local variables are visible only inside the function where they were

defined. That means a function won't be able to use the local variable of another function.

- Global – Global variables are available for all the functions inside the program. That means you can define them anywhere in your codes.

If a local variable and a global variable share the same name, the local variable will take precedence. If you'll declare a variable locally using the name of an existing global variable, you'll be hiding that global variable. Analyze the sample code below:

```
<script type="text/javascript">
<!--
var myVar = "global"; // Declare a global variable
function checkscope( ) {
    var myVar = "local"; // Declare a local variable
    document.write(myVar);
}
//-->
</script>
```

The code given above will show you this result: **Local**.

### ***Naming Your Variables***

While choosing a name for your variables, you should remember the following rules:

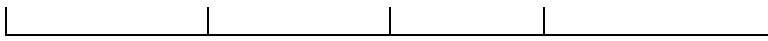
- You can't use any JavaScript keyword (e.g. break, Boolean, etc.) as the name of a variable. You'll learn about JavaScript keywords later.
- You can use letters, numbers, and an underscore when naming a variable. However, you can't begin the name using a number. For example, **sample1** is valid but **1sample** is not.
- The names of variables are case-sensitive. That means JavaScript treats "SAMPLE," "Sample," and "sample" as three different variables.

## ***The Reserved Keywords in JavaScript***

Similar to other programming languages, JavaScript has a collection of words that serve special purposes. You can't use these words in naming objects, methods, functions, loops, and variables. The table below will show you all of the keywords in the JavaScript language.

if	do	in	int
new	try	for	var
else	enum	this	long
byte	case	true	null
char	goto	void	with
break	throw	false	final
catch	float	class	const
while	short	super	switch
export	throws	typeof	public
return	delete	static	double
import	Instanceof	abstract	synchronized
Boolean	interface	extends	transient
finally	package	private	protected
function	volatile	continue	debugger
implements			







## Chapter 5: The JavaScript Operators

The JavaScript language supports the following operator types:

- Logical Operators
- Comparison Operators
- Assignment Operators
- Arithmetic Operators
- Bitwise Operators
- Miscellaneous Operators

Let 's discuss each type of operator:

### *The Logical Operators*

JavaScript supports these logical operators:

Note: Let 's assume that  $x = 5$  and that  $y = 10$ .

- “&&” – This is known as the **Logical AND** operator. If both operands are not equal to zero, the condition is true. For example:  $(x \ \&\& \ y)$  is true.
- “||” – This operator is called **Logical OR**. If at least one of the operands is not equal to zero, the condition is true. For example:  $(x \ || \ y)$  is true.
- “!” – Programmers refer to this operator as Logical NOT. This operator reverses the result of the operator it is used on. For instance:  $! (x \ \&\& \ y)$  is false.

### *The Comparison Operators*

Here are the comparison operators that you can use in JavaScript:

Note: Let 's use the following variables:  $x = 2$ ;  $y = 4$ .

- “`==`” – This operator checks the equality of the two operands. If the values are equal, the condition is true. For example:  $(x == y)$  is false.
- “`!=`” – With this operator, you can check if the operands have unequal values. If the values are unequal, the condition is true. For instance:  $(x != y)$  is true.
- “`>`” – Here, you ' ll check if the left-hand operand ' s value is greater than that of the right-hand one. If it is, the condition is true. For instance,  $(y > x)$  is true.
- “`<`” – This operator checks the values of both operands. If the value of the left-hand operand is less than that of the right-hand operand, the condition is true. For example:  $(x > y)$  is true.
- “`>=`” - You can use this operator to check if the left-hand operand ' s value is greater than or equal to that of the right-hand one. If it is, the condition is true. For instance:  $(y >= x)$  is true.
- “`<=`” – With this operator, you can check if the value of the left-hand operand is less than or equal to that of the right-hand operand. If it is, the condition is true. For example:  $(x <= y)$  is true.

### ***The Assignment Operators***

These are the operators that you can use to assign values:

- “`=`” - This is the **Simple Assignment** operator. It assigns the value of the right-hand operand to the left-hand operand. For example:  $(z = x + y)$  assigns the value of  $x + y$  to  $z$ .
- “`+=`” – This operator is known as “**Addition and Assignment**” operator. It adds the values of both operands and gives the result to the left-hand operand. For example:  $(z += x)$  is equal to  $(z = z + x)$ .
- “`-=`” – Programmers call this the “**Subtraction and Assignment**” operator. It subtracts the value of the right-hand operand from that of the left-hand operand. Then, it assigns the difference to the left-hand operand. For example:

$(z -= x)$  is equal to  $(z = z - x)$ .

- “**\*=**” – This operator is called “**Multiplication and Assignment.**” It multiplies the values of both operands and gives the product to the left-hand operand. For example:  $(z *= x)$  is equal to  $(z = z * x)$ .
- “**/=**” – This is known as the “**Division and Assignment**” operator. It divides the value of the left-hand operand by the value of the right-hand operand. Then, it assigns the quotient to the left-hand operand. For instance:  $(z /= x)$  is equal to  $(z = z / x)$ .
- “**%=**” – JavaScript users refer to it as the “**Modulus and Assignment**” operator. It takes the modulus of both operands. Then, it gives the result to the left-hand operand. For example:  $(z \% = x)$  is equal to  $(z = z \% x)$ .

### *The Arithmetic Operators*

The list below shows the arithmetic operators available in JavaScript. To help you understand how these operators work, let 's use two sample variables:  $x = 2$ ;  $y = 4$ .

- “**+**” – You should use this operator if you want to perform addition on two operands (i.e. the values on either side of the operator). For instance:  $x + y = 6$ .
- “**-**” – This operator allows you to perform subtraction on your codes. Here, you 'll deduct the value of the second operand from that of the first. For example:  $y - x = 2$ .
- “**\***” – You should use an asterisk if you want to multiply the two operands. For example:  $x * y = 8$ .
- “**/**” – With this operator, you 'll divide the value of the left-hand operand from that of the right-hand operand. For example:  $y / x = 2$ .
- “**++**” – This operator allows you to add 1 to the operand it is used on. For example:  $4++ = 5$ .
- “**--**” – This operator subtracts 1 from the operand it is attached to. For example:  $x-- = 1$ .

Important Note: You may also use the “**+**” operator to combine numeric and string

elements. For example, “ x ” + 4 = x4.

## *The Bitwise Operators*

This programming language allows you to perform bitwise operations in your codes. Here are the operators that you can use:

Note: Let 's use two variables: x = 2; y = 3.

- “ & ” – This is called the **Bitwise AND** operator. It conducts the **Boolean AND** operation on all of the bits involved in its arguments. For example: (x & y) is 2.
- “ | ” – Programmers refer to this operator as **Bitwise OR**. It conducts the **Boolean OR** operation on the bits involved in its arguments. For instance: (x | y) is 3.
- “ ^ ” – This is known as the **Bitwise XOR** operator. It conducts the **Boolean Exclusive OR** operation on all of the bits involved in its arguments. With **Exclusive OR**, only one of the operands can be true. For example: (x ^ y) is 1.
- “ ~ ” – This operator is “ unary ” (i.e. it works on a single operand). Known as the **Bitwise NOT** operator, it reverses the bits of the operand. For example (~y) is -4.
- “ << ” – This operator is called **Left Shift**. It moves the bits of the left-hand operand to the left based on the number specified by the right-hand operand. Also, it uses zeros to fill new bits. Moving a value to the left by 1 position is like multiplying it by 2. Thus, (x << 1) gives 4.
- “ >> ” - This is known as the **Right Shift** operator. It moves the value of the left-hand operand to the right based on the number given by the right-hand operand. For example: (x >> 1) gives 1.
- “ >>> ” – JavaScript users call this “ **Right Shift and Zero.** ” Its function is similar to that of “ >> . ” The only difference is that the leftmost bits are always equal to zero.

## *The Miscellaneous Operators*

This section of the book will discuss two useful operators that don't belong to the categories discussed above. These operators are:

- “?:” – This is known as the “ **Conditional Operator**. ” It checks whether the value of an expression is true or false. Then, it performs one of the assigned statements based on the evaluation's result.

For example, if the condition is true, the operator will assign 1 to the expression. If the condition is false, however, the operator will assign 2.

- `typeof` – This is a unary operator, which means you can use it on a single operand. You can use it to determine an operand's data type. This operator gives “string,” “boolean,” or “number” if the operand is a string, Boolean, or number. Then, it gives true or false, depending on the result of the evaluation.

The table below provides useful information regarding the `typeof` operator:

Data Type	The <code>typeof</code> Result
Object	“ object ”
Number	“ number ”
Boolean	“ boolean ”
Undefined	“ undefined ”
Null	“ object ”
Function	“ function ”
String	“ string ”









## Chapter 6: The Conditional Statements

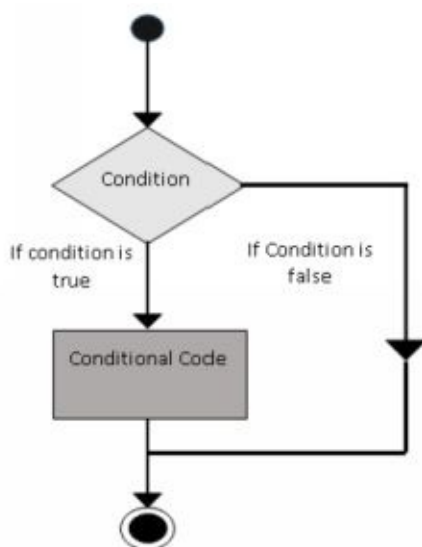
While using JavaScript, there will be situations that require you to choose one out of a predetermined set of choices. In these cases, you must use conditional statements. A conditional statement allows your program to make proper judgments and execute correct processes.

This programming language offers conditional statements that you can use on your codes. This chapter will discuss three of the most important conditional statements: (1) the “ if ” statement, (2) the “ if ... else ” statement, and (3) the “ if ... else if ...” statement.

Let ’ s discuss these statements in detail:

### *The Flow Chart of a Conditional Statement*

The image below shows the basic flow chart of a conditional statement.



### *The if Statement*

This statement serves as the basic conditional statement in JavaScript. It helps programs in making decisions and executing other statements.

The syntax of the “ if ” statement is:

```
if (expression){  
    Statement(s) to be executed if expression is true  
}
```

The code given above evaluates JavaScript expressions. If the result of the evaluation is true, the assigned statement/s will be performed. If the result is false, however, none of the assigned statements will be performed. In most cases, you ’ ll be using comparison operators with this statement.

### ***The if ... else Statement***

This statement is more complex than the previous one. That ’ s because the “ if ... else ” statement offers better control in executing statements conditionally.

Here is the syntax of the “ if ... else ” statement:

```
if (expression){  
    Statement(s) to be executed if expression is true  
}else{  
    Statement(s) to be executed if expression is false  
}
```

You can use the syntax given above to evaluate JavaScript expressions. If the result is true, the statement placed in the “ if ” section will be performed. If the result is false, on the other hand, the statement within the “ else ” section will be performed.

### ***The “ if ... else if ... ” Statement***

Basically, this is an enhanced form of the “ if ... else ” statement. By providing multiple conditions, it helps your programs in making the right decisions and performing the correct actions.

Here is the syntax that you must use when creating an “ if ... else if ...” statement:

```
if (expression 1){  
    Statement(s) to be executed if expression 1 is true  
}else if (expression 2){  
    Statement(s) to be executed if expression 2 is true  
}else if (expression 3){  
    Statement(s) to be executed if expression 3 is true  
}else{  
    Statement(s) to be executed if no expression is true  
}
```

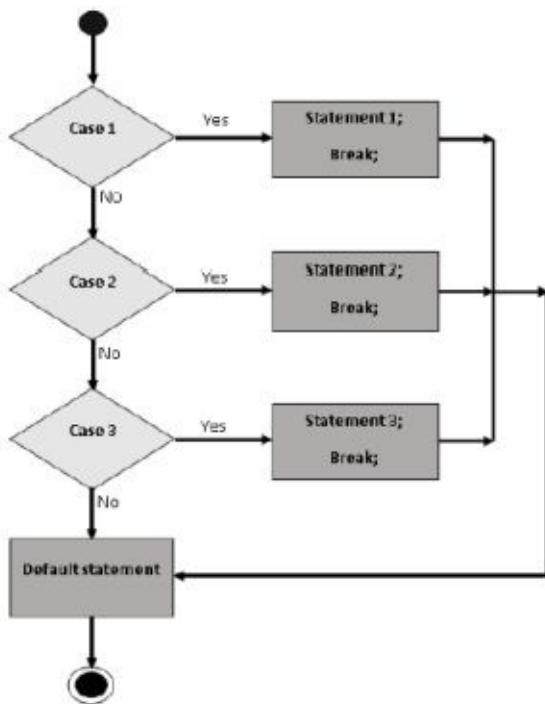
If you ’ ll think about it, the syntax given above is a basic one. It ’ s a simple collection of “ if ” statements where every “ if ” serves as a part of the preceding else statement ’ s else clause. This syntax executes statement/s depending on the result of the evaluation. If all of the given conditions are false, the system will run the “ else ” section of the code.

### ***The Switch-Case Statements***

You may use a series “ if ... else if ” statements to execute a multi-path branch system. You ’ ve learned about this in the previous section of the book. However, this method isn ’ t always the ideal answer, particularly if all of the branches rely on the value of one variable.

Fortunately, JavaScript offers switch statements. A single switch statement is more effective than a group of “ if ... else if ” statements when used in the situation described above.

Here is the flowchart of a basic switch-case statement:



### The Syntax

Switch statements are designed to do two things:

- Provide an expression that the program can evaluate
- Provide various statements that will run depending on the result of the evaluation.

JavaScript 's built-in interpreter compares each case with the expression 's value. This process will continue until the interpreter finds a match. If no match is found, the interpreter will run the default condition. The syntax of a switch statement is:

```
switch (expression)
{
  case condition 1: statement(s)
                    break;
  case condition 2: statement(s)
                    break;
  ...
  case condition n: statement(s)
                    break;
  default: statement(s)
}
}
```

This syntax uses break statements to terminate each case. If you ' ll remove these break statements, the JavaScript interpreter will execute all of the statements inside each case. You ' ll learn about break statements in the next chapter.

## ***Chapter 6: The Different Types of Loops in JavaScript***

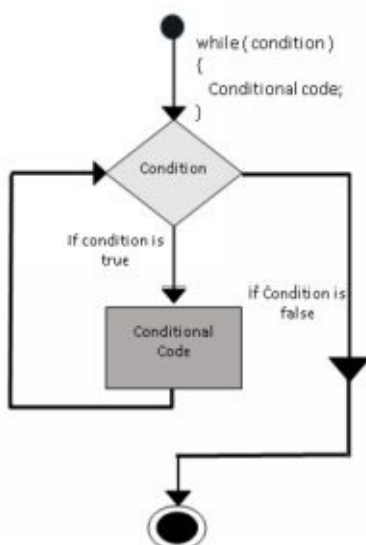
When writing your own programs, you ' ll encounter situations where you have to execute an action multiple times. Obviously, typing the same thing repeatedly can be time-consuming (and extremely boring). Fortunately, JavaScript offers various tools that can help you repeat statements quickly and easily. These tools, known as loops, are the main topic of this chapter.

Here are the loops that you can use in the JavaScript language:

### ***While Loops***

Programmers consider this as the most basic loop type in JavaScript. Basically, while loops execute a statement or block of code while an expression is true. The loops will end as soon as the expression becomes false.

Here is the flowchart of a while loop:



## The Syntax

Here is the syntax of a while loop:

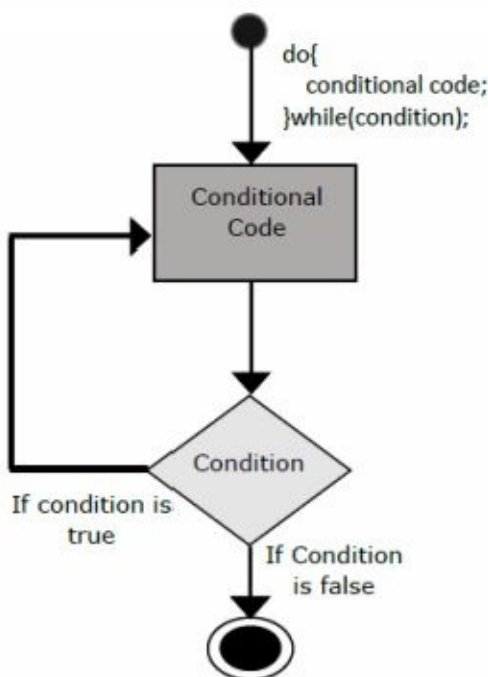
```
while (expression){  
    Statement(s) to be executed if expression is true  
}
```

Before executing any statement, a while loop evaluates the condition of the assigned expression. That means if the expression is false, none of the statements will be performed.

## ***Do ... while Loops***

A “do ... while” loop is similar to a while loop. The only difference is that it evaluates the expression after executing the assigned statement/s. If the result of the evaluation is true, the loop will execute the statement/s again. The process will only stop once the result becomes false. Because of this, a “do ... while” loop will run at least once even if the result of the evaluation is false.

The flowchart of a typical “do ... while” loop is:





## The Syntax

Here is the syntax of a “do ... while” loop:

```
do{  
    Statement(s) to be executed;  
} while (expression);
```

Important: The semicolon at the end of the syntax is mandatory. Make sure that you ’ ll include it in all of your “do ... while” loops.

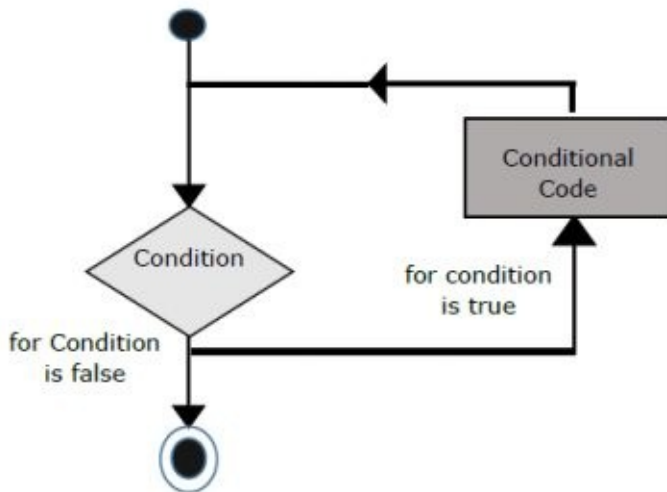
## ***For Loops***

This kind of loop is known for its compactness. In general, “for loops” have the following parts:

- Loop Initialization – This is the part where you begin your counter at an initial value. The interpreter of JavaScript executes this part before running the loop itself.
- Test Statement – This part of the loop evaluates the assigned condition. If the assigned condition is true, the interpreter will execute the code within the “for” loop. If the condition is false, however, the system control will be given to the statement after the “for” loop.
- Iteration Statement – You can use this part to increase or decrease the loop ’ s counter.

JavaScript allows you to place all of these parts in a single line. You just have to separate each part using semicolons.

The image below shows the flowchart of a “for” loop:



### The Syntax

The syntax of a “ for ” loop is:

```
for (initialization; test condition; iteration statement){  
    Statement(s) to be executed if test condition is true  
}
```

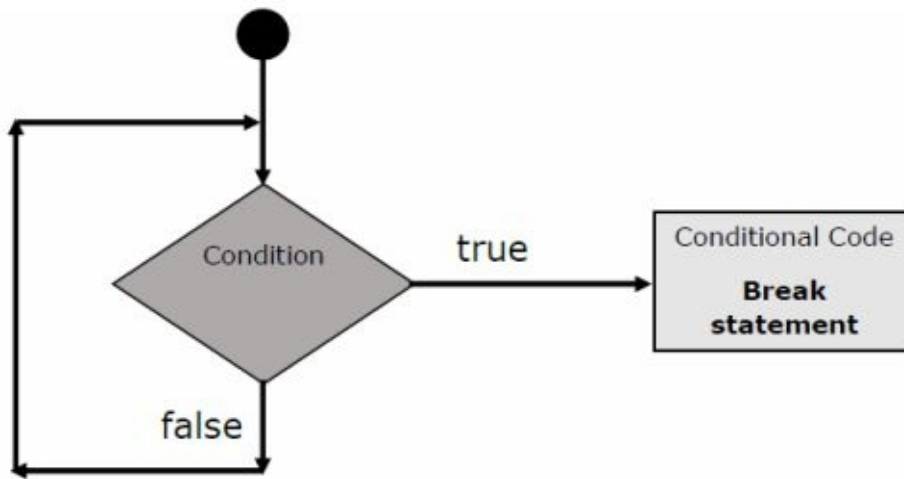
### ***How to Control Your Loops***

The JavaScript language allows you to manipulate all of your loops and switches. In some cases, you have to exit a loop statement before reaching its final section. There are also some situations where you have to ignore a certain part of the code and initialize the next one.

To help you with such situations, this programming language offers two powerful tools: the **break** statement and the **continue** statement. Let ’ s discuss each statement in detail.

### Break Statements

This statement, which was introduced in the previous chapter, allows you to exit any loop early. The image below will show you the flowchart of a basic break statement.



Note: You 've seen how break statements work during our discussion about switch statements.

### Continue Statements

A **continue** statement instructs the JavaScript interpreter to begin the next iteration of a loop and ignore the remaining blocks of code. Once the system encounters a continue statement, the flow of the program goes to the expression evaluation. If the condition is still true, the continue statement will begin the next iteration. If the condition becomes false, on the other hand, program control will go outside the loop.



## Chapter 7: The Functions in the JavaScript Language

Basically, functions are collections of reusable codes that can be invoked at any part of your program. That means you won't have to write the same code multiple times. Functions help programmers in creating modular codes. They also allow programmers to divide a large program into smaller functions.

Just like any other programming language, JavaScript offers features that can help in writing modular codes through functions. You've probably seen functions such as **write()** and **alert()** in the codes given in this book. You can use these functions repeatedly, but they were written in JavaScript once.

This language also allows you to write your own functions. This chapter will teach you the basics of functions in JavaScript.

### *How to Define a Function*

You have to define functions before you can use them. The most popular method of defining a function involves the use of **function** (i.e. a JavaScript keyword). After typing **function**, specify the name and parameters that you'd like to use. Then, add a block of JavaScript statement enclosed by braces.

Note: You may create a function without defining any parameter. Thus, the list of parameters may be empty.

Here is the syntax that you must use when defining a function:

```
<script type="text/javascript">
<!--
function functionname(parameter-list)
{
    statements
}
//-->
</script>
```

## ***How to Call a Function***

To call a function in your scripts, you just have to specify the function 's name. You may use the code below as an example:

```
<html>
<head>
<script type="text/javascript">
function sayHello()
{
    document.write ("Hello there!");
}
</script>
</head>

<body>
<p>Click the following button to call the function</p>
<form>
<input type="button" onclick="sayHello()" value="Say Hello">
</form>

<p>Use different text in write method and then try...</p>
</body>
</html>
```

That code will give you this result:

```
Click the following button to call the function

Say Hello
```

## ***The Parameters of a Function***

The functions you 've seen so far don 't have any parameter. However, you can easily assign various parameters while invoking/calling a function. You can capture these parameters within the function. Once captured, you may modify those parameters according to your needs.

## ***Return Statements***

JavaScript allows you to add a **return** statement to your functions. This **return** statement is completely optional, although you have to use it if you want to acquire values from your function/s. In general, you should place the return statement at the last section of your function.

For instance, you may pass two values into your function. Then, you may expect that function to multiply the values and show the result in the program you are calling.

## ***The Nested Functions***

JavaScript allows you to place a function inside another function. This process is called “nesting a function.” As a general rule, you can 't include a function definition inside loops or conditional statements.

The code below will teach you how to nest your own functions:

```

<head>
<script type="text/javascript">
<!--
function hypotenuse(a, b) {
    function square(x) { return x*x; }

    return Math.sqrt(square(a) + square(b));
}
function secondFunction(){
    var result;
    result = hypotenuse(1,2);
    document.write ( result );
}
//-->
</script>
</head>

<body>
<p>Click the following button to call the function</p>

<form>
<input type="button" onclick="secondFunction()" value="Call Function">
</form>

<p>Use different parameters inside the function and then try...</p>
</body>
</html>

```

The code above gives the following result:

```

Click the following button to call the function

Call Function

Use different parameters inside the function and then try...

```

## ***How to Create Functions using “Function() ”***

Aside from the function statement discussed above, you may also create functions by using **Function()** (i.e. a JavaScript constructor) and **new** (i.e. a JavaScript operator).

To use this constructor, you must use the following syntax:

```

<script type="text/javascript">
<!--
var variablename = new Function(Arg1, Arg2..., "Function Body");
//-->
</script>

```



This syntax can contain any amount of string arguments. The final argument serves as the function 's body – it may hold arbitrary statements that are separated by semicolons.

Important Note: **Function()** doesn't specify names for the functions it generates. Programmers refer to these unnamed functions as “anonymous” functions.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you learn the fundamentals of JavaScript.

The next step is to write your own webpages or programs using the JavaScript programming language.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!



# **Windows 10 Academy**

# **The Stress Free Way To Learning Windows 10 Inside & Out**

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Chapter 7: Maximizing the Use of Windows 10

Conclusion

# Introduction

I want to thank you and congratulate you for downloading the book, “*Windows 10: Beginner’s User Guide to Mastering Windows 10*”.

Haven’t got Windows 10 yet? Well, where have you been and what have you been doing?

Sure, it may be nice to stay comfortable with Windows 7 or 8, but it would be so much better to switch to Windows 10—along with the rest of the world!

While it may seem confusing at first, navigating Windows 10 isn’t actually that hard to learn. All you need is the right guide—and with the help of this book, you’ll be able to master Windows 10 in no time.

Read this book now to find out how.

Thanks again for downloading this book, I hope you enjoy it!





## Chapter 1: What's New?

One of the very first things you'll notice about Windows 10 is that while the Charms Bar is still there, you can use Windows 10 without it.

Ever since Windows 8 was created, the Charms Bar has already been there. The problem with it, though, is that a lot of people feel like it's not really helpful and it just makes the interface confusing.

In Windows 10, you can just hide the Charms Bar—but make sure to hide the System Tray Icon first. Here's how:

### Hide Tray Temporarily

There are two ways to hide the system tray. First is the temporary fix which goes like this:

1. If you cannot see all the items that you need in the tray, just click right under the arrow.
2. Now, if all the icons are present, go ahead and open the task manager (CTRL+ALT+DEL), then terminate GWUX/GWXUX Process.

### Hide Tray Permanently

Now, if you really feel like you're not ever going to use the tray, you can hide it permanently by doing the following:

1. *Go to Control Panel > Windows Update.*
2. *Choose Installed Updates on the left side of the screen, followed by View Installed Updates. You'll now see Installed Updates on top of the screen.*
3. *When you see the update labeled Update for Microsoft Windows KB3035583,*

go ahead and remove it.

4. Just skip this update if it shows up another time, just in case.

## **Hide the Charms Bar**

Then, you can proceed to hide the Charms Bar.

Basically, you can just choose *Settings* on its own, instead of having it appear in the Charms Menu. By clicking *Settings*, you 're already able to turn off the Charms Bar.

In order to access full Settings without the Charms Bar, here 's what you have to do:

1. Click *Charms* Bar.
2. Click *Change PC Settings*.
3. Then, access the first screen that you'd see on Windows 10.
4. Click the Start Button so that the new Start Menu would be displayed.
5. Click the *Settings* link.
6. Voila! You're all set!



## Chapter 2: The Emergence of Cortana

Another newest incarnation in Windows 10 is *Cortana*, a virtual assistant who will be able to help you search for what you need in your computer, find files, track packages, manage your calendar, and even chat with you — especially when you need help with something!

You can access Cortana simply by typing a question on the search bar that you 'll see on top of the taskbar. You can also use the microphone icon to do this — however, it 's best to just search because not all phones (in case you 've synced Windows 10 with your other devices, too) have clear microphones/speakers.

### The Magic Word

You can let Cortana respond to you every time you say the words *Hey, Cortana*. To do this, just:

1. Select Notebook > Settings.
2. You'll see a setting that says *Let Cortana respond when you say Hey, Cortana*. Turn that option on.

### What It Does

Cortana will be able to help you out with a lot of things, but mostly here 's what you can expect:

1. Ask Cortana about weather conditions. Learning what the weather will be like is extremely helpful because it allows you to plan your events accordingly. Simply ask *what is the weather in (location of choice)*, and Cortana will be able to answer you. You can also click Cortana's *Notebook*, click *Weather*, and

see what the day has in store for you!

2. Get Reminders based on locations. This means you'd ask Cortana to remind you of something while you're at a particular location. For example, when you're at the grocery and want to be reminded that you need to buy *cat food*, you can tell Cortana: *Remind me to buy cat food while at Park Avenue Grocery*—or something to that effect. Just make sure you don't forget to say *Remind Me* because that's the magic phrase here. You can also tell Cortana to edit or turn off the reminders that you already have made in order to avoid confusion.
3. Let Cortana open apps for you! Finally, you can let Cortana open the apps you need by saying *Open (desired app)*. For example, *Cortana, open Adobe Photoshop*. See, now you'd be able to do what you have to do—even without making use of your hands!
4. Let Cortana search for media files according to time. Searching could be daunting if you have no idea where to start, and if there are just too much information on one page. What you can do then is let Cortana search by file type, or by date. For example, say *Cortana, search for music from 3 years ago*. Make sure you have the files you need on your PC or on OneDrive—or you could also connect Cortana with Edge (learn more on Chapter 7) to do this.
5. Let Cortana sing for you! Yes, Cortana isn't just informative, she's entertaining, too. What you can do is allow her to sing for you, and even sings with Jen Taylor's human voice! This way, you wouldn't be scared or think that she's so robotic. To make her sing, you can use the following commands:
6. Let her know your preferences by telling her about myself. Simply type or say *let me tell you about myself*, and begin to tell her about your likes and dislikes, and what makes you happy, or what it is that you want to learn more about.

*Sing me a lullaby.*

*Sing me a song.*

*What does the fox say?*

## **Set those Reminders**

Cortana could also help you set reminders for important things that are going on. You can do this simply by going to the search bar and typing whatever you want to be reminded of. For example:

1. Wake me up at 6 on Saturday for the meeting.
2. Remind me of the Superbowl.
3. Change my 9am to 10:30.

## **Easter Eggs**

Using Cortana becomes even more fun with the help of Easter Eggs! These are things you could ask or tell Cortana which would give really humorous and interesting answers!

Here are the best ones you should try:

1. Do you like Google Now?
2. Can you dance?
3. Who's better: You or Siri?
4. Are you awake?
5. I hate you.

## **Switching Cortana Off**

If you're tired of Cortana or don't need her help anymore, you can simply turn the function off by going to *Settings*, and then choosing *turn Cortana off*.



## Chapter 3: Using the Start Menu

A lot of users say that the Windows 10 Start Menu is quite confusing, but it's not impossible to understand it. Here are simple steps that you could follow in order for you to use it!

1. Click the *Start* Menu. This will appear on the left side of the screen.
2. Click *All Apps*. Again, this'll be on the left side of the screen. You'll then see a display of all the apps installed on your computer.
3. The *Power* button would then allow you to rest or shut Windows down. This is found on the left column of the screen.
4. To lock the PC, just right-click your account name and then you'd see the following options: *lock*, *change account picture*, *sign out*. Choose *lock*.
5. To manage the tiles you see on the right side of the screen, just right-click on a tile, and then you'd see a menu pop up onscreen. Choose either *Unpin from Start*, *Resize* or *Pin to Taskbar*. Also check if there is an *Uninstall* option—this would come with most apps.
6. To search for an app or file, type what you're looking for in the *Search Field* and you'll see a list of choices popping up onscreen.
7. *You can also pin certain items on the Start Menu. To do this, just right click on the file you'd like to see on the Start Menu and then click Pin to Start.*

### Accessing the Secret Menu

There is such a thing as the “ Secret Start Menu ”— but now, it ' s not *that*secret anymore, isn ' t it? Here ' s how you can access it.

1. Right click on the *Start* icon.
2. You will then see a pop-up menu with mostly everything you can do with the computer!



3. If using touchscreen, you can access this menu by tapping and holding the start button for at least 5 to 10 seconds!

## **Customizing the Start menu**

Of course, you could also personalize or customize the menu based on your own preferences!

1. To make a switch between the Start Menu and the Start Screen, open *Settings > Personalization > Start > Start Behaviors > Use Fullscreen Start when in Desktop*.
2. To customize what you'll see onscreen, go to *Settings > Customize*. There, you'll see a list of suggested apps from Microsoft. Another setting would show you setting controls for your recently opened programs, and the last one would be about *Jump List* items.
3. To change the color of the Start Menu, window borders, and taskbar, go to *Settings > Personalization > Colors*. If you want a brightly colored PC, just go to *Show Color on Start, Taskbar, and Action Center*, and it ' ll happen.
4. Click *Start* to see whether you have all the folders and files that you need.
5. Click *Start > Choose Folders* to choose which folders you'd like to see onscreen.

## **Using Start Menu and Start Screen at the Same Time**

If you need to do a lot of things at once and if you hate waiting, maybe it ' s good for you to start using both the Start Menu and Start Screen at the same time! Here ' s how:

1. Click *Start* button, followed by *Settings > Personalization*.
2. Click *Start*.
3. Choose *Use Start FullScreen*.
4. Click *Start Screen* to make *Start Menu* disappear.
5. Uncheck *Use Start FullScreen* to return to *Settings*.
6. Then, you can also resize the *Start Menu*. To do this, click *Start*.

7. Move cursor to the top of the Start Menu, and then drag and move it up to the top of the said Menu. To decrease the height, just drag the cursor down.
8. Increase width by dragging cursor to the right, and drag it to the left to decrease.

## Changing the Log-In Screen

Another thing you can do is change the log-in screen to make it suited to your preferences. Some people find the log-in screen to be too shiny and tacky, and if you're one of those people, you can make things easier by doing the following:

1. *Go to Settings > Personalization > Lock Screen.*
2. *Scroll down and once the screen toggles, you'll see Show Windows Background Picture on Sign-In Screen.*
3. *Turn the said toggle off so that the next time you'd log-in, you'd only see the Windows logo on the screen.*

You can also tweak this in the registry by doing the following:

1. *Go to Start > All Apps > Windows System > Run.*
2. *In the dialog box, type regedit, and then press Enter.*
3. *Navigate to HKEY\_LOCAL\_MACHINE> Software>Policies>Microsoft Windows>System in the Registry Editor.*
4. *Now, right click System and then click New>DWORD(32 bit) Value.*
5. *Change the label to DWORD Disable Log-in Background Image (without spaces)*
6. *Right click Disable Log-in Background Image and choose Modify.*
7. *Type 1 under Value Data and Click OK.*
8. *Press Windows Key + L together so that you'll see a flat color background once you log in.*
9. *Go to Settings > Personalization > Background to tweak the color of the background, if desired.*





## Chapter 4: Managing Settings

One of the biggest differences of Windows 10 from its predecessors is the fact that upon turning the computer on, you ' ll see not just a Start Menu, but also a Settings Menu. This one opens in a new window, with big, touch-friendly icons. Unlike menus that are hiding from the Charms Menu in Windows 7 and 8, this one appears right away — which makes it more comfortable for you.

Some of the things you could find in this menu include:

### Managing Devices

The Settings Menu introduces a couple of devices that you can use while using this Operating System. This also talks about the devices you can connect with your PC while on this Operating System. Here ' s what you can do:

1. First up is *Autoplay* allows you to choose whether Autoplay should be switched on or off.
2. *Typing* allows you to choose whether you'd like to use a physical or onscreen keyboard.
3. *Printers and Scanners* allows you to add printers to your computer. To do this, just click *Devices and Printers*> *Device Manager*> *Related Settings*> *Add a Printer or Scanner* and follow the instructions you ' ll see onscreen.
4. *Mouse and Touchpad* gives you a chance to configure *Mouse and Touchpad* settings. Just choose *Mouse and Touchpad* > *Related Settings*> *Additional Mouse Options*.
5. *Connected Devices*, meanwhile, is about other connected devices that are not printers or scanners.

## **Taking Care of Accounts**

Aside from your own account, you could also manage the account of your family members — as long as they are connected to your own!

Here ' s what you need to know:

- 1. Your Account is your primary sign-in account. This is linked to Microsoft ' s Cloud Network.*
- 2. Work Access tells you whether the PC or your account is connected to another network.*
- 3. Sync Your Settings allows you to sync this PC with your other gadgets—and other computers at home, as well. This way, it would be easy for you to control them even if you are away from home.*
- 4. Sign-in options will ask you how exactly you want to open your computer. You can make use of normal log-in plus password, choose Windows Hello, which would allow you to log in using biometrics.*
- 5. Family and Other Users allows you to add more admins to the PC. To do this, just click Set up account for assigned access > Choose an Account > Choose an App.*

## **Customizing and Personalization**

To customize and personalize your settings, just do the following:

- 1. Background is mainly just the wallpaper of your computer, and choose how you'd want the photo to fit on your screen.*
- 2. Colors are the colors that would be used for your desktop, toolbars, etc.*
- 3. Lockscreen is what you'll see onscreen while it is locked. Click Pictures, and you'll see the 5 recent lockscreen pictures used, as well as a Browse button for you to choose photos from your files. Choosing Slideshow would make a slideshow of pictures as your lockscreen. You can also choose Screen Timeout, and more Screen Saver Settings, as well.*
- 4. Themes would help you choose which theme you'd like to use. Go to Classic*

*Theme Settings > Related Settings to do this.*

5. *Start helps you turn applications and notifications on or off—and more. You'd learn more about this in the next chapter.*

## **Updating and Restoration**

In case something goes wrong or you receive notifications regarding updates, here ' s what you have to do:

1. *Activation* is about the version of Windows that you have, and gives you the chance to change Product Key.
2. *Advanced Options* would give you more Update settings to choose from.
3. *Backup* gives you the chance to backup your settings.
4. Click *Check for Updates* so you could check for updates manually.
5. *For Developers* is all about making apps and programs while on Windows 10.
6. *Recovery* contains options that you can use to fix your computer, which are: *Reset PC*, *Go back to Earlier Build*, and *Advanced Startup*.
7. The tab named *Windows Update* contains everything you ' d ever need to update Windows.
8. *Windows Defender*, meanwhile, is your cloud protection system.

## **Networks and Internet**

Who can live without the internet these days? You can tweak your internet and network settings in Windows 10 in a fast and easy manner — you can do it this way:

- 1. Data Usage is mostly about the bandwidth that is being used, and is mostly about connected devices that work on Wi-Fi.*
- 2. VPN is about adding a VPN Connection to your PC. To tweak this, just go to PC Settings > Network > Add VPN Connection > Related Settings > Show Available Connections.*
- 3. Dial-up and Ethernet are your old-school Internet settings that work on IVP 4.*
- 4. Proxy will allow you to decide whether you'd use a manual or automatic Proxy. You can check this out by going to PC Settings > Network > Proxy.*

## **Turning Off Wi-Fi Sharing**

In order to make sure that your Wi-Fi connection stays yours, and that you would have more privacy, you can disable Wi-Fi sharing! Here's how:

Go to *Settings > Network and Internet > Wi-Fi > Manage Wi-Fi Settings*. You can also turn off networks that automatically connect to Skype, Quora, Outlook or Facebook, as well.

## **Making Accounts Private**

These days, it's so important to keep your accounts private. It would be a good way of protecting yourself and the people you care for from people who might phish information from you. Windows 10 makes this easy. For this, you can try:

- 1. Account Info, Calendar, Contacts, Messaging, Radio just gives you permission whether you'd like to sync them with other devices or not.*
- 2. Location basically works on GPS, and allows you whether you'd like to let others see where you are or not.*
- 3. General is about deciding whether you'd like your name to appear on apps,*



*programs, photos, and any other file that is connected to your computer.*

- 4. Feedback. Choose whether you'd want Microsoft to ask you for feedback once a day, once a week, automatically, always, or never.*
- 5. Speech, Inking, Typing mostly gives you the option to use Cortana (Windows 10's digital assistant) or not.*
- 6. Other Devices gives you permission to sync Xbox One and information found there with your Microsoft account.*
- 7. Microphone gives you the chance to turn the microphone on or off.*



## Chapter 5: Playing with Features

Upgrading to Windows 10 means you 'd be able to experience a bevy of fascinating features that you could use in your day to day life! This way, you 'd get to enjoy Windows 10 even more!

### Import Bookmarks First

If you have been using other browsers before and want to regain access to bookmarks you've made there, you can just import them to the Edge. Here's how:

1. Open Edge and click "...", then click Settings.
2. Choose Import Favorites from Another Browser.
3. Choose all the browsers you want to import bookmarks from and you're all set!

### Using the Photos App

1. Take note that the Photos App now has two main features, and these are: *Collections* and *Albums*. Your photos are chronologically arranged by date in the *Collections* tab. Meanwhile, *Albums* contain albums that the app has created automatically for you.
2. To add a folder, go to *Settings > Sources > Add a Folder > Add this Folder to Pictures*.
3. To show photos and videos from *OneDrive*, just choose *Settings > Show my Photos and Videos from OneDrive*.
4. To share pictures, just select the picture you want to share and click *Share!*
5. You can also make use of Filters and other Editing Features, as well!

## Picking Default Programs

You can change default programs and protocols by following the instructions below:

1. Open *Settings > System > Default Apps*.
2. Change the programs you 'd want to use for email, calendar, maps, web browser, video player, photo viewer, and the like.
3. To set individual file types, go to *Settings > System > Choose Default Apps by File Type*.
4. To set defaults for protocols, go to *Settings > System > Choose Default Apps by Protocol*.
5. To change default programs, just go to *Settings > System > Set Defaults by App > Set Default Programs > Set Program as Default > Choose Defaults for this Program*

## Sideload Apps

Sideload is important because it allows you to install apps that are not available in the Windows Store. Here's how you can do it:

1. Open *Settings* > *Update and Security*.
2. Go to *For Developers* > *Sideload Apps*.
3. You will now receive a warning about sideloading being dangerous. Just click *Yes* to say that you understand the risks.

## Managing Pop-Ups

You can also delay shutter speed in capturing screenshots by making sure that you get to capture pop-ups, too. Here's how:

1. Open *Snipping Tool* and then click *Delay*. Choose between numbers 0 to 5.
2. Choose the type of *Snip* that you'd like to make by clicking what you find next to *New*. Choose from window, rectangular, free-form, full-screen.
3. Click *New* so you could begin snipping. You will now have an allowance of 0 to 5 seconds, depending on what you chose earlier. The screen will freeze and you'll be able to capture the image you want.
4. Click *Save* to save your screenshot.

## **Fast File Sharing**

1. Look for the file that you ' d want to share.
2. Click *Sharing* in the *File Explorer*.
3. Click *Share* button.
4. Choose the program you ' d want to share the said file with.
5. Configure options by going to *Settings > System > Share Lab*.



## Chapter 6: Making Use of Microsoft Edge

Microsoft Edge is Windows 10 's main web browser. It 's quite a customizable, easy to enjoy browser. Here are just some of the things that you could do with it!

Microsoft Edge Reading View is also a great innovation because it clears out all distractions that could prevent you from doing what you want online, especially if it 's work-related! To make use of this, you could just click *Book* on the top left corner of Edge to activate Reading View!

### Edge Customization

1. Click *Menu > Settings > Open With*.
2. Now, you can choose how your Start and tab pages will look like!
3. You can also customize tab pages. What you have to do is click *Settings > Open New Tabs With*, and then choose the option that you want from what would appear onscreen!

### Webpage Annotation

The great thing about Edge is that it allows you to highlight, write, or draw on a webpage. This way, you can easily save and share it, edited the way you want! To do this, simply click the *Pen and Paper* icon on top of the page!

### Playing with Webpages

You can also delay shutter speed in capturing screenshots by making sure that you get to capture pop-ups, too. Here 's how:

1. Open *Snipping Tool* and then click *Delay*. Choose between numbers 0 to 5.



2. Choose the type of *Snip* that you 'd like to make by clicking what you find next to *New*. Choose from window, rectangular, free-form, full-screen.
3. Click *New* so you could begin snipping. You will now have an allowance of 0 to 5 seconds, depending on what you chose earlier. The screen will freeze and you 'll be able to capture the image you want.
4. Click *Save* to save your screenshot.

## Creating Article List

You could also create a list of articles that you want to read while in Reading View. To do so, just:

1. Click the *Star Icon* when you find an article that you like.
2. *Navigate to Reading List, and then click Add.*

You can also pin webpages/websites to the Start Menu. Just click *Pin to Start* while browsing a webpage and you 'll be able to pin the website on the Start Menu.

## Private Browsing

You can also browse privately while using Edge. This way, whatever it is that you searched for/visited would not appear in the Browser History. To do so, just click *Browse in Private Window* and you 're all set!

## Caret Browsing

This literally means that you 'll be able to browse webpages with the use of your keyboard — even without using the mouse!

To do this, simply press *F7* and then confirm the prompt you see onscreen!

## Integration with Cortana

You can also use Cortana while on Edge! Simply Pin Cortana to Edge, and you ' ll be able to make use of the said feature more!

## **Integration with Flash**

With the help of flash integration, you ' d be able to watch HD videos on Edge. You can also turn this feature on or off. To help you with this, you should:

1. Go to *Settings > Advanced Settings > Use Adobe Flash Player*.
2. Choose whether you'd like to turn it on or off.



## Chapter 7: Maximizing the Use of Windows 10

And of course, in order to appreciate Windows 10 more, you should try to maximize the use of it with the help of the instructions mentioned in this chapter!

### Real Time Notifications

Since Windows 10 proves to be the Operating System for the new age, you can expect it to give you real time notifications. In short, you ' ll get notifications from *Facebook*, *Twitter*, *Instagram*, and any other apps you might be using — as long as they ' re connected to your Microsoft account.

1. To choose which notifications you ' d like to have, go to *Action Center > Show Notifications from These Apps*. There, you ' d see a list of the apps you have. Just choose what notifications you ' d like to have and you ' re all set!
2. You can also choose which Quick Actions you ' d like to have access to. To do this, go to *Settings > System > Notifications and Actions > Choose Your Quick Actions*.

### Open Programs Quickly

1. Go to *Start Menu > All Apps*.
2. Look for the app you ' d want to make a shortcut for and then right click on it. You will then see a dropdown menu. Choose *Open File Location*, and then skip the next step that will pop up onscreen.
3. Once you ' ve found the app, click and drag it from the *Start Menu* all the way to the desktop. Right-click and then choose *Properties*.
4. Now, the *Properties* window will open up onscreen. Look for the *Shortcut* tab and then choose *Shortcut Key*. Tap the key you ' d want to be associated with the app (i.e., CTRL + ALT + [chosen key]).

5. Click *Continue*.
6. You can now use your chosen shortcut to open this certain app!

## **The Quick Access Feature**

A lot of people say that *Quick Access* makes Windows 10 a whole lot more manageable—and there is a lot of truth to that. You can learn more about it below:

1. To add a file to *Quick Access*, just navigate towards the file you want to add, and then simply click Add to Quick Access.
2. To remove a file from *Quick Access*, go to the said file and click Unpin from Quick Access.
3. To remove recently used files and frequently used folders from *Quick Access*, just go to *View > Options > General > Privacy*. Then, uncheck the boxes that say *Show Recently Used Files*. Click *Clear > Clear File Explorer History*. You can also choose Hide or Hide from Recent.
4. To change the way File Explorer opens, just click *View > Options > Open File Explorer > This PC*.

## **The Snap Assist**

This is a feature that is exclusive for Windows 10! This helps you snap a certain window to a certain side of the screen so you won't spend lots of time moving it around.

1. To snap a window with the mouse, click on its title and drag it towards the side of the screen. You will then see an outline that will show you where the window would appear once you have dragged it.
2. To snap with the keyboard, just press Windows Key + Left Arrow (or Right Arrow).
3. To snap to one of the quadrants, just press Windows Key + Up Arrow (or Down Arrow), and then move it around by pressing Windows Key and arrow keys together.

## Using Multiple Desktops at Once

Yes, you can make use of multiple “ desktops ” while using Windows 10. To make this happen, just follow the instructions below:

1. Add a desktop by clicking Task View. Press Tab + Windows Key > New Desktop.
2. Now, you have two virtual desktops. To switch between them, just press Windows Key + CTRL + Left Arrow + Windows Key + CTRL + Right Arrow.
3. To move windows between desktops, just right click on the window you ’ d want to move, then choose where you ’ d want to move it to.

To close the desktop, just click X or press Windows Key + CTRL + F4.

## Shortcuts for the Command Prompt

You can also make use of keyboard shortcuts for the Command Prompt. Here ’ s how:

Go to Start Menu > All Apps > Windows System > Command Prompt.

Click Properties > Options > Edit Options > Enable CTRL Key Shortcuts.

Now, here ’ s a list of shortcuts you could use:

*Shift + Up/Down* (Move cursor up or down one line and then select text)

*CTRL + V or Shift + Insert* (paste copied text)

*CTRL + C or CTRL + Insert* (copy selected text to clipboard)

*CTRL + A* (select all in the current line)

*CTRL + Page Up/Down* (move screen one page up or down)

*CTRL + Up/Down* (move one line up or down)

*CTRL + M* (enter mark mode)

*CTRL + F* (open Find Window from the Command Prompt)

*Alt + F4* (close command prompt)

*CTRL + Shift + Home/End* (move cursor to the beginning/end of screen buffer, and then select text and beginning/end of output)

*Shift + Home/End* (move cursor to beginning/end of current line and select text)

*Shift + Page Up/Down* (move cursor up/down screen and select text)

*CTRL + Shift + Left/Right* (move cursor left/right and select text)

*Shift + Left/Right* (move cursor left/right one character and select text)

*Up/Down/Left/Right* (In mark mode; move cursor up, down, left, or right)

## **Other Shortcuts**

Here are more keyboard shortcuts that will certainly be helpful for you!

1. *Windows Key + Left* (Snap Window to Left Side of Screen)
2. *Windows Key + Right* (Snap Window to Right Side of Screen)
3. *Windows Key + Up/Down* (Snap Window to Quadrant)
4. *Windows Key + Tab* (Task View)
5. *Windows Key + CTRL + Left* (Go back to previous virtual desktop)
6. *Windows Key + CTRL + Right* (Go to next virtual desktop)
7. *Windows Key + CTRL + F4* (Close current virtual desktop)
8. *Windows Key + CTRL + D* (Create new virtual desktop)

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to understand windows 10 and learn how to use it without having a hard time!

The next step is to make sure that you follow the steps mentioned here and consult this book whenever you feel confused about using Windows 10.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!





# Passive Income Assignment

*How To Make Money Online With My Favourite Passive Income Streams*

[www.PassiveIncomeAssignment.com](http://www.PassiveIncomeAssignment.com)

FREE Passive Income Guide

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## Introduction

Hey, I want to thank you for downloading this book, *Passive Income Assignment - . How To Make Money Online With My Favourite Passive Income Streams*

A Bit About Me:

My name is Jon Webber, and I ' m the creator of The Passive Income Assignment blog. I wanted to share with you a little bit about myself.

I ' m a 22 year old guy from Vancouver and my dream is to make a living on the internet, mainly with passive income. I ' m an online entrepreneur, investor, and fitness enthusiast. One of my major passions as well is teaching people, and that is why I created my site and this book.

I ' m just at the beginning of my journey to financial freedom and I want to share with you the steps I ' ve taken and I want you to come on this journey with me.

The purpose of my site is to be 100% open about everything in my life, from goals to exactly what I ' m doing and where I ' m going. I ' m doing this to not only hold myself accountable, but I also want you to follow me and achieve success.

On this website I ' ll be sharing my favourite books, courses, resources, tools, strategies, free content, health stuff and basically anything that has made my life better.

Please note: I am nowhere close to being an expert on online marketing or investing, and the things that have worked for me may not be for everyone. They are NOT get rich quickly ideas ... ..they take a lot of hard work. So please be willing to put in the time if you ' re looking to get into anything I talk about. I only speak from experience, and there is a lot I don ' t yet know.

Let ' s Begin!

Do you want to earn more money? Do you like you should be making more money? If so, this book is for you. Many people feel like they don ' t earn enough money in their current job, but few actually do anything about it. I want to show you how you can start making a bunch of money online. These technique can be used as a side income or they could even replace your current salary.

In this book and my passive income guide I ' ll be showing you EXACTLY how to start making money online by showing you proven steps as well as strategies such as:

- The Fastest and Easiest Way To Start Making Money
- How To Replace Your Current Salary and Quit Your Job
- How To Completely Automate Your Passive Income Business

The concepts in this book must be taken into action and you must be dedicated if you ' re looking to be successful. Many people have already taken action and received thousands more per month. Now is YOUR time, and I have complete confidence in you to get out there and earn what you are truly worth.

Everything that I talk about in this book is discussed in more depth at my website [www.PassiveIncomeAssignment.com](http://www.PassiveIncomeAssignment.com). Signup to get step by step instructions on how you can start making money online today.

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## **Chapter 1: Kindle Publishing**

Are you looking for the easiest way to make a six figure income with passive income? If so, I have the perfect solution for you, and it might surprise you. The easiest way I've found to create a passive income is through Kindle Publishing. Through kindle publishing you can easily create a source of income within a few weeks. Not only is this an extremely quick process, but it's also scalable. This means that you can quickly grow your kindle business to make more money in a relatively short time. If you're looking for something to diversify your income stream, this is definitely where you want to start. I'll be sharing my exact strategy, how I came across kindle publishing, and how you can do the same.

### **What is Kindle Publishing?**

You might be thinking, "Publishing? Where am I going to get a book from because I'm no author". But what if I told you that getting a book done is the easiest and quickest step. We can now get an original book created within a week and for very little. Even established authors are using this strategy because it saves them tones of time. After the book is written, we own all the rights 100%, so everything we make goes into our pocket.

I am quickly building up my portfolio of books and I'll give you a general idea of how all the costs work. There are many websites out there that have a team of writers that will write content for you and there are also freelancers that you can hire. Books can be written for as little as \$30, but we want to make sure our books are high quality, so I'd recommend spending at least \$40-50. The only other cost required on our part is to get a cover created. This will only cost us \$5. All in, we will spend about \$45-60 per book and it will be done in about a week.

Think this sounds too good to be true? Well like I said, the writing process is the quickest and easiest part. You will need to come up with a book title in a profitable niche and then send that to the writer. They will then do all the research and create your book. So within a week you can go from an idea to your book being sold on Amazon and generating you a profit.



Our goal for each book will be to generate \$50-100 per book per month. So it will generally take a month to break even, and then the rest will be profit. This profit will be made as long as Amazon is still a business, which will be for a long time. So think about it, if you could generate \$50-100 per book, how many would you make?

## **My Goal**

Over the next year I plan to create 80+ books and have each making me at least \$50 per month. If it only takes me a month to recoup my initial investment, I will be profiting at least \$4000 per month, completely passive. This means that you could potentially build a six figure income for yourself in a year.

I know people who have 200+ books, and these are all assets that will last for a long time and generate you a lot of money. The kindle business is booming, and it won't be going away any time soon. This is becoming a very popular way of creating income for people, so now is the right time to get in. Not only does kindle publishing create you a very nice income, but it also creates other sources of income through affiliate marketing, other products or through your website.

## **How Kindle Publishing Works**

I'm going to share with you the exact process of getting your book created and also how you can learn to do the exact same. There are many important strategies that it takes to rank your book high on Amazon, and I will show you how you can do this too:

The basic process of kindle publishing is:

- Research a profitable niche
- Create your title with proper keywords
- Outsource your book and cover
- Rank your book on Amazon
- Price your book
- Get reviews

- Write your description

Once you learn the step by step process on getting a book done, it ' s time to scale up your business. This means making 1-5 books per week. If you make 2 books per week, that ' s 8 books per month. These 8 books will be making you \$400 per month. Get the idea yet?

The beauty about this is you can actually outsource 90% of the process for pennies, and this will allow you to increase production and increase income. This process doesn ' t take someone who ' s familiar with computers or marketing. It can be done by ANYONE willing to learn this easy process. I know 60+ year olds who are making a killing with this. I also know people who are making \$30,000+ per month with this same technique. So whether your plan is to make a couple hundred per month or tens of thousands, this can all be done relatively easily.

## **How You Can Make More Money Through Kindle**

The money you can make from kindle is awesome, but it doesn ' t end here. There are tones of ways you can create even more income through your books.

How?

First of all, your kindle books can be turned into different formats. This includes paperback versions (at no extra cost to you) and also audiobooks. This allows you to reach even more people, thus, increase your revenues each month.

Another way is to advertise other people ' s products through your books. For example, if you had a book on a certain diet, you can advertise someones product that would benefit them even more and you will earn a commission. This can make you a monstrous return for virtually no work on your part. Sounds good right?

If you have a website, you can also promote your site in your books. For example, I have books out there about passive income and making money online. In these books I advertise my blog, which will increase traffic and increase my back end revenue.

If you aren't motivated to get started with this, I don't know what else I can say. Basically my respond would be WHY? You probably are in a job that you don't like making satisfactory money, so why continue with that? I'm giving you an opportunity to change your life and do what you've always wanted to do.

I'm not writing this to benefit me. I'm already on my path and my life has changed dramatically. I want to help you live the life you've always dreamed of and I know Kindle Publishing can make that happen. That is the whole point of this website. I'm doing this for personal enjoyment because I enjoy helping people, and I know what works.

Visit my website [PassiveIncomeAssignment](#) and signup to get my FREE passive income generating guide and learn everything you need to know about kindle publishing.

## **Chapter 2: Affiliate Marketing**

Are you interested in making a potential six figure income while you sleep? If so, affiliate marketing might be for you.

Affiliate marketing is when you receive a commission for referring a customer to buy someone else 's product or service. This is an awesome way to generate income because it is so easy ...

This is because you don ' t have to put in any time and effort creating a product. The seller already has done this by making the product, creating a website and sales page. All you have to do is refer your visitors to the affiliate site, and for each sale, you receive commission.

How awesome is that?

If you currently have a decent following, this could be an effective and easy way for you to make money online.

My goal is to make this a big part of my site, not only for the income, but I want to help people by referring them to tools and resources that have helped me.

Everything that I recommend to people, I do because I ' ve used it and it had a positive impact on my life and business. I want my success to be from being open and building trust, so if I find a service or course that I loved, I want to share that with you.

### 3 Easy Steps To Make Money Affiliate Marketing

#### 1. Create A Blog Or Website To Build A Following

*I have created a step by step guide on how to make your own website. Check it out [Here](#).*

This is the first important step for creating passive income online with affiliate marketing.

The whole idea of affiliate marketing is creating a source of value where people come and trust what you 're doing and want your opinion.

This is where you can recommend products and services that will benefit them, all while generating a commission for yourself (at no extra cost to them). This is a win-win situation for you both.

In order to make money affiliate marketing, you 'll have to build a following first. This can be done through an email list or by creating a website. If I had reviewed a product, and someone was looking to buy it, my site would come up and if they were to join I 'd receive a commission.

Cool right?

Sometimes it is difficult to rank a blog on google for an extended period of time, and I 've found that reviewing a product using a Youtube video and posting that on your blog is much easier to rank ...

This is because Youtube is owned by google, and is held at a much higher status than a new blog. This is a powerful tool to use in your favour.

Another example on how to affiliate market is by creating a resource page and listing all of your favourite products and services. You can have a little review on each of them, and if someone is interested, they can click on the link and it will take them to the companies page. Check out how I do this [Here](#).

## 2. Build An Email List To Market To

*I have created a step by step guide on how to create and build an email list. Check it out [Here](#).*

After you have set up some sort of platform to market on, it ' s time to build up your Email list.

This is a huge part, and in my opinion, is a must have. Once you have a list, it ' s time to provide your subscribers with awesome free content, and also, recommend awesome products.

This is another way I make money online.

On my site, there ' s a opt in section for people to join and receive this passive income guide, and also other cool content that ' s not available on the blog. Once people opt in, I receive their Email address.

The first, and most important thing to remember is, you **MUST** focus on providing value and building trust. I do this by sending out as much quality content as I possibly can.

Then, and only then, can you start promoting products to your list.

If you start doing this right away, before they trust you, everyone will just unsubscribe because nobody wants to receive tones of emails from someone selling stuff.

But I cannot stress this enough, provide as much free content as you possibly can first.

This is an extremely powerful tool, because if there ' s a product that I really like, and I think others would too, I can easily send that info out to my list. I believe this is fair because I ' m spending all this time putting together this content to make other peoples lives easier.

There are 2 important parts to remember here ...

- You MUST only recommend products that you believe in and will benefit others, and not just to make money. You must always put your visitors first, so only recommend products and services that you feel very comfortable with.
- Don ' t over promote to your list. You must provide an even balance of value and promoting. You need to give enough value to your visitors so they will want to keep coming back, and the number one way to lose a visitor is by just selling them stuff.

The main lesson here is, the most important part of building a list is generating trust and a relationship with your visitors. You must look out for them as much as, or even more than yourself.

### 3. Generate Traffic To Your Website

Once you have awesome content on your site, it ' s time to start driving in traffic.

There are many ways you can do this with things such as SEO optimization, keywords, ads, and social media. One of my favourite ways to generate traffic to my site is through my kindle books.

Each book that I create gets hundreds of downloads, and in each of these I promote my site to people, so this is an extremely easy way to get in front of tones of people.

For example, creating a book on how to trade penny stocks. This will get in front of hundreds of people, and chances are, they will want a next step suggestion.

This is where I can refer them to my site and share with them the course I took on how to trade penny stocks. They will be happy because they are learning more and I ' ll be happy because I received a small commission.

My kindle books can also be used to build my list.

People are joining my list because they want content and recommendations regarding certain things. This is where I can suggest products to people who are looking for exactly that.

Once again, I highly recommend educating yourself further on how to find niches and set up your affiliate marketing site.

Get my FREE passive income guide at [PassiveIncomeAssignment](#) to learn everything you need to know about affiliate marketing.





## Chapter 3: Stock Market

As you ' ve probably heard before, the stock market is a place where many people have lost everything, and it is only for the rich who want to throw their money around. This is complete nonsense because the number one source of building wealth is through the stock market. There must be some reason that the rich are putting their hard earned money into the market, so isn ' t it time you followed in their footsteps?

The reason that some people lose big and some people make a fortune is because the people who lose are uneducated. They either get too greedy or just flat out don ' t have a clue what they ' re doing. They end up tossing in money without knowing a thing about the company or how to read charts. This is the number one difference between being successful and becoming broke.

You might be thinking, “ I don ' t have enough money to start ” , but what if I told you it only takes a couple thousand to get started. Would you invest a lousy couple thousand to make potentially tens of thousands?

Now before you go throwing your money around blindly, it ' s important to understand the concepts on how to successfully make money. This is where your education comes into play. You have two options for teaching yourself. The first way is to read books and visit websites, and the second is to find a mentor or an online class where someone successful teaches you how.

The first option will be cheaper at the start, but will also take a lot longer to learn and put it all together. Though this process may save you a bit up front, you will most likely have a significant loss in the beginning. With this option you will also have to pay for charting and screening software, which can be a bit expensive as well. The second option, which I would recommend, would be to find a mentor or a class that teaches you everything you need to know in one place and guides you through the trade. This won ' t be much more expensive, but in the long run will pay off substantially.

Whichever method you choose, I can't stress enough how important the learning process is. Even if it takes you a full year before you make your first trade, it's well worth the wait. Learn as much as you can and trade only when you feel comfortable.

I've gone through both options, so I know the opportunity cost in regards to time vs spending a bit more money. The choice is completely up to you, so whatever you pick, put in the dedication and you will be successful.

There are a lot of different people who have courses out there, and I've tried a few. I'd definitely recommend going through one of these courses instead of trying to do it yourself.

Visit my website [PassiveIncomeAssignment](#) to see what I'd recommend. Signup for my guide and learn how you can get started today!

## **Chapter 4: Blogging**

I ' ve been blogging for a while now and it has opened my eyes to how powerful a blog can be. My goal is the build my site to a six figure business, and I wanted to share with you how exactly I plan on doing this. I ' ll be sharing more detailed info on how to do this step by step in later posts, but for now, I want to show you how to start making money online with a blog. Just remember that this is NOT a get rich quick approach. Blogging is a long process, and you will need to put in the time and effort to be successful. If you stick to it, this could generate you enough money to live off for the rest of your life.

### **The Most Important Part Of Your Blog**

There are a bunch of things you need to do when making a successful blog. The most important thing is you need to be able to generate traffic to your site. Without visitors there is no possible way to generate income. So what makes people come to your blog and purchase things through you?

First of all you **MUST** create awesome content that will be valuable to your audience. This content should be completely free and provide them with life changing information. The content must be good because you need to be have a consistent stream of visitors each day and build up a loyal following where people keep coming back for more. This is the most difficult and time consuming process of building your blog.

Just remember that people will only come back if you create epic content that is all free. You need to give first before you receive anything from them. You need to write things that inspire people, motivate them, and change their life. Once you ' ve made this content, and not a second before, you can start sharing and promoting your site.

Now we will go into the process.

### **How To Get Traffic To Your Site**

**Search Engine Optimization** – The most important way to get traffic to your site is through SEO. This means that your blog ranks in Google for your keywords. When people search for your keyword, they will normally click on the first couple sites, so you will want to rank on the first page. Google is where the majority of your traffic will come from. It is important to have a lot of high quality content on your blog because Google ranks higher for this.

**Youtube** – Creating quality videos on Youtube is another extremely powerful way to get traffic to your site. Google ranks Youtube videos high on their search engine so you will be shown on both websites. In all your videos have links back to your blog, so if they liked your videos, they will want more.

**Social Media** – Social media is a great way to share your content because so many people are using it. It also allows you to market directly to people interested in your specific content. Using Facebook, Twitter, LinkedIn, Instagram and Pinterest to share all of your content will reach a huge number of people.

**Message Boards** – By going to message boards you can communicate directly with people interested in your niche. Posting helpful content with links back to your page will generate you a fair bit of traffic. The only thing with this is you don't want to directly promote yourself. Add value first, then promote.

**Guest Post** – Writing guest posts on other popular blogs related to your niche can also give you a bunch of leads. Reach out to these people and ask if they'd allow you to guest post on their site in exchange for a link back to your blog.

By creating awesome content and using these few techniques, you will reach a lot of people and get a large following. Stick with it and you will have success.

**How To Make Money Blogging**

Once your blog is getting a decent following it ' s time to start making some money. There are many ways you can do this, and I ' ll start with the most important first.

**Build An Email List** – The first and most important part of your blog is your Email list. These are loyal people who trust you and want to get their hands on everything you put out. To do this you need to create a way to get their contact info (Email address). This allows you to further communicate with them and offer them products/info directly. This builds a relationship with them and is a crucial step in creating revenue from your blog.

Once people are on your Email list, you need a way of sending them direct messages. I use Aweber for this. It allows you to create and send Emails to a list of people. If you want to send info to subscribers only or just inform them of new posts, this resource will be very helpful.

Once you ' ve built a relationship, you can now start recommending products that will be useful to them. This will work because they trust you and want to have success. This will be extremely helpful because if you are to come out with a product, you will have a list of people to buy it right away.

If you want to learn how to setup and Email list, check out my step by step guide [Here](#).

**Affiliate marketing** – is when you recommend a product or service, and when someone buys it you receive a commission. This can only be used when your audience knows and trusts you. This is why you need to create a list first.

Now that your list is made, you can send them info about products that you believe in and know they will be helpful to your list. Don ' t just recommend random products. There are many different products that offer products for affiliates to market to their followers. I use Clickbank. Once you find a product that is related to your niche, you can promote it with your unique URL.

Again, remember that it ' s first about helping your audience, and if you can make a profit from this, that ' s just a bonus.

**Advertisements** – This is one of the most traditional forms of making money from a blog. You can find products that offer this or someone might approach you. Basically all this is is to have a link or banner on your site and every time someone clicks on it you get paid. The amount all depends on what you ' re advertising.

Having banners on your site can produce you money, but it ' s important to not overload your page with ads. This gives the user a negative experience and they won ' t trust you since all you ' re doing is selling them. Don ' t over promote products to your audience. Create a balanced ratio of value and promoting.

**Create Your Own Product** – Now that you ' ve built your list, it ' s time to find out what they are looking for and how you can better serve them. You can survey them and ask them what exactly they want help with. This can range from coaching, to info products, to books. Now you know what they want and you can build a product and charge them for it.

In my case, I may find that most people are looking for ways to create passive income through investing. If I didn ' t know this and I was posting things related to Kindle, these people wouldn ' t come back. But now I know exactly what they want more of so I ' d post more on investing and create info products and books related to this.

One of the most common mistakes people make is they create a product before they ' ve done the research to see if there ' s actually a market for it. They spend time and money creating this and when they launch it nobody buys it. Find the market first, then create.

If you want to learn how to create your own blog in minutes, check out my step by step guide [Here](#).

## **Chapter 5: Putting Together The Ultimate Passive Income Machine**

You should have gone through the previous chapters about how to make passive income with different techniques already. Now it's time to put everything together to build the ultimate passive income machine. We will be combining all the ways to make passive income, and each will complement each other. If this strategy is done the right way, it will generate you income for the rest of your life. It will take time, so don't expect to put in no effort and end up with millions.

I will be starting with the easiest and fastest way to make passive income, so what you'll want to do is start here and once you have success, move onto the next step and so on. In this post I'll be giving a general guideline for what to do. I have created more detailed posts on how to do these, so check them out after reading this. I will link everything in this post. Let's begin with Kindle Publishing.

### **Step 1: Kindle Publishing**

This will be our first step because kindle publishing is the fastest and easiest way to make money online. You don't need to be a writer to do this, since 90% of the people creating these books aren't. We will want our kindle books to relate to our website later on, so if your blog is going to be on cooking, you want to create cooking related books.

Once you've made a series of related books, you will not only start making money from the royalties, but you will also be using these books to promote your blog and vice versa. This is so powerful because by having your book on Amazon and taking advantage of the free promotion they have, you can get in front of hundreds of people within a couple days. These people will then go to your blog if they liked your book, and potentially become a customer.

### **Step 2: Create Blog/Website**

Now that you have a series of books in a certain niche, it's time to create your website or



blog. Your goal at the start should be to create quality content that is all free for your readers. You want to build a relationship with them first to build trust. Once the relationship is made, you can now start promoting things and monetizing your blog. An example of this can be promoting your kindle books through your blog.

Next thing you ' ll want to do is create an email list. An email list is when people subscribe to your mailing list because they want to get more from you. They provide their email address and you provide them with awesome content. This is the most powerful asset you will have because these people already trust you and will basically buy whatever you put in front of them. They will not only buy your books, but they will also buy products you recommend. The most successful people on the internet today say that the money is in the list, so don ' t overlook this step.

### **Step 3: Affiliate Marketing**

Now that your blog has quality content on it and you have a decent following, you can now start promoting other people's products as an affiliate. This means that you refer them to a product or service and if they make a purchase, you receive a commission. You should only recommend products that are related to your niche and you have personally tried. **DON'T RECOMMEND RANDOM PRODUCTS THAT YOU HAVEN'T PURCHASED.** The whole idea behind this is that you are providing them with useful tools and resources that will benefit them in some way. Your first priority should be to help them and making money should come after. This is a win-win situation for you both.

### **Step 4: Investing**

The question now becomes “ what do I do with the money I'm making ” ? The answer to this will depend on your personal situation, but a certain percentage should go into your investment account. There are many different ways to invest your money and it really depends on your risk tolerance. The main idea is to take advantage of compounding interest over the long term. Albert Einstein once said, “ compounding interest is the most powerful force in the universe ” .

You will need to figure out how much of your income you are putting away each month into your account but as a general rule, it should be at least 10% of your monthly income. Obviously the more you put in now the better as it will increase exponentially over time.

You can choose to be an active or passive investor. Being an active investor means you are actively buying and selling stock to receive capital gains. Being a passive investor means you're investing for the long term and receiving dividend payments. Whichever method you choose will depend on your interest, but you should definitely follow one approach. Investing is the number one way to build wealth, so in my opinion it's a must.

There you have it. This is the strategy that I'm using to build my passive income machine and how I've learned about doing this. The process is relatively easy if you're willing to put in the time and effort. Don't expect to become rich overnight. This is a long term

wealth building approach and is well worth the time and effort.

You don ' t have to follow this exact approach, and doing only one of them will be just fine. I ' ve found this to be the best strategy for me and I wanted to share this with you. By having my kindle books making me income up front and promoting my blog, and my blog promoting my books and generating income through affiliate products and then investing a percentage in stocks, I believe that this is the ultimate passive income machine that will make me money for the long term. It ' s now time for you to do the same.

Visit my website to learn exactly how you can start any of these techniques today.  
[www.PassiveIncomeAssignment.com](http://www.PassiveIncomeAssignment.com)

## Conclusion

Like I said before, by applying what I talked about in this book with confidence I have no doubt at all that you will be able to earn what you have always wanted to and live a quality life. The only thing holding you back is yourself, so don ' t be afraid to get out there and get everything you want.

Thank you for reading this book. I absolutely hope that you received value from it. I wish you all the best in your journey, and just remember to never be satisfied, you ' re worth much more.

If you received value from this book, then I ' d like to ask you for a favour. Would you be kind enough to leave a review for this book on Amazon? Click the link below to go to the Amazon review page!

[Click Here to go to the Amazon review page](#)

**I want to reach as many people as possible with this book, and more reviews will help me accomplish that.**

**Thank you again and best of luck!**

**Bonus:** Don't forget! Make sure you visit my website to get access to your FREE passive income guide.

This guide will teach you exactly how I make passive income 24 hours a day, 7 days a week, all while I'm able to do anything I want. Not only will I show you how I do this, but It is also easy enough that anyone can do the same.

This guide will go into more detail on everything we discussed in this book and show you exactly how you can start making money today!

Head on over now before we start and pick up your very own FREE guide.  
[www.PassiveIncomeAssignment.com](http://www.PassiveIncomeAssignment.com)

## **The Complete Guide To Essential Oils**

***Complete Guide To Essential Oils & Aromatherapy For Weight Loss***

***Bonus Info On My Favourite Diet***

***Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “ 14 DAY Essential Oils Guide: *Complete Guide To Essential Oils & Aromatherapy For Weight Loss* ” .

This book contains proven steps and strategies on how to feel healthier, relaxed and live a happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape and feeling better, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, using essential oils is a great way to start.

While your body ’ s natural energy level slows down as your age increases, that doesn ’ t mean that you should give up on your health goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you ’ ve always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by using essential oils. This isn ’ t meant to be a fad to help you lose weight fast and feel healthier, but it should encourage you to use essential oils to make healthier lifestyle choices, and reset your lifestyle in the process.

### **This Book Will Teach You:**

Which oils are most powerful for different conditions

Why you need to get rid of toxins

How to use the oils, and the health benefits you ’ ll receive



Why you should use oils and aromatherapy

How to make your own oils from scratch

and so much more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.

## **Chapter 1 : Aromatherapy**

Do you often get tired and stressed in your workout regimes? Do you often fall prey to depression and anxiety after not seeing any significant improvement in your body shape? Do you desperately want to get in your desirable shape but the current practices are not working out for you? If yes, then you need not worry anymore as this book is here to guide you about an exciting thing which could aid in reducing your weight to a great extent.

Losing weight can be a daunting task for most of us. While everyone is excited to get a slim and smart figure, it is only a few which persist in following a strict diet and exercise regime. While exercises and diets are crucial in reducing your weight, they can sometimes take an enormous amount of time to give desirable results.

For most of us, our exercise regimes do not seem effective on our bodies and our diets do not provide any significant reduction to our fats. While many people may continue working out for years, most of us lose hope and give up on our dreams to look slim. Sticking to a strict exercise and diet regime can be stressful for most of us, due to which many people fall into depression and bulimia and move further apart from their aims of reducing weight.

In situations like these, you need something which could lift your moods and fill you with a determination and motivation to reduce the excess weight gained. You need something to enhance your mental health so you could control your cravings in a better way and persist in your workouts no matter how hard they seem. This is where aromatherapy steps in. It enhances your energy, lifts your mood, reduces your stress and improves your physical and mental well being. It is when you are energized, motivated and fit that you will be able to concentrate on your aim and get in your desirable shape.

Before we move on to tell you how aromatherapy can aid in reducing weight, let us tell you what aromatherapy really is. Aromatherapy is a technique in which controlled amount of essential oils are used to enhance one ' s physical, mental and spiritual well being. You might be thinking here that this book is about some sweet and mesmerizing scents, like those of some perfumes, which help us feel better whenever we smell them. To break your bubble, aromatherapy is not about smelling all good scents. There are only specific scents of some oils which are known to be effective with our health and fitness.

A few of you might have heard your grandparents telling you about using oils to treat their diseases. Hence usage of oils for treatments is not a new thing as these oils have been curing people in ancient times as well. This is especially true for people of India and Rome who used to rely on the usage of some essential oils for their health and fitness. The good news is that these oils actually work and enhance your physical, mental and spiritual well-being. When they could cure people of ancient civilizations, they could cure you as well.

## **What Are Essential Oils?**

Now that you ' ve heard about the importance of some oils, let us tell you the oils which are known for their therapeutic powers. Like we mentioned earlier, not all oils will reduce your stress or help you in controlling your hunger. It is only an ' Essential Oil ' which could work like magic on your brains and remove your anxieties and depressions.

Essential Oils are all those oils which are extracted from the plants and are famous for

their fragrance and their therapeutic effects. Since they are extracted from the plants, they contain the healing powers stored in the leaves and flowers of the plants they are extracted from. You might be expecting these oils to be like those normal oils that you see in the market. Contrary to your belief, however, these oils are not sticky and thick. Some of them, in fact, are clear like water and many of them are in pleasing colors.

The idea of using oils to ensure health may seem absurd to most of you. You might be wondering how mere oils can remove stress and anxieties and reduce the extra calories gained. Well, believe it or not, research has shown that the fragrance of these essential oils stimulates certain parts of your brain, releasing chemicals which make you feel good and energized. You would also start feeling calm and relaxed and worries will go away. It is then that you will be able to concentrate on your workouts and get motivated to continue with your diets no matter how fruitless they may appear. Hence ward off all the doubts that you have about aromatherapy and embark on a journey with us where we will tell you how you could use some essential oils to gain enormous health benefits.

## **Benefits of Aromatherapy**

Weight loss is not the only benefit that you will gain if you use aromatherapy. There are a number of benefits that this technique is here to offer. While some of you may use aromatherapy to cure depressions and anxieties, a lot of people use this method to get rid of their body and muscle aches. Aromatherapy has the power to cure your headaches, lift your moods and improve your digestions so you could eat in an appropriate manner. Even if you experience insomnia and usually have a hard time getting asleep, this technique will make sure that all your worries and problems are removed.

Aromatherapy is also known to be effective in menstrual issues, so women can greatly benefit from this amazing technique. In short, aromatherapy is famous for resolving a lot of our physical, mental and spiritual issues and is effective in curing the problem you want to get rid of. Thus if you constantly experience headache and insomnia or you often feel down and depressed, it is time you invest your resources in this inexpensive healing methodology.

In order to perform aromatherapy, however, a person must know the essential oils which are useful in a particular situation. Thus, let us see some of the oils which are powerful enough to enhance your physical and mental well being.

### **Lavender Oil**

Lavender Oil is a very famous essential oil which is used to cure depression, remove anxieties and alleviate stresses from your lives.

### **Lemon Oil**

Aromatherapy from this citrus fruit is highly beneficial as it will help you relax even in the most stressful situations. Hence delve into a therapy session with this oil after a long and tiring day at work.

### **Jajoba Oil**

Surprised to see Jajoba Oil in this list? Yes it is used in hair related products, but it is also very effective when used in aromatherapy.

There are many other oils such as Avocado, Jasmine and Peppermint oil which deliver all the benefits mentioned above. This is not all, however. There are various considerations which a person will have to take before the therapy and there are many methods which could be used to deliver the results you desire.

Excited to explore this healing methodology? Move on to the next chapter to find out more about its usage and benefits. The next chapter will tell you the exact way to apply aromatherapy so you could easily use it and see improvements in your health and fitness.

## **Chapter 2 : How To Use Essential Oils**

Now that you are aware of the benefits of aromatherapy, it is time we take you through the methods of its application. Learning how to use essential oils is extremely crucial as the technique can have its own risks and side effects. That being said, usage of essential oils is not a difficult task. It just requires care, precaution and adequate knowledge of each application method and the oils which can be used.

Thus we have created a small guide for you which will help you master the art of aromatherapy and incorporate it in your daily lives. Like we said earlier, being a beginner in this technique is completely acceptable. You just have to follow all the guidelines mentioned in this book so you could overpower your worries and live your life in the way you want.

Generally, there are three ways in which you can use these essential oils: aromatically, topically and internally. Each method depends on the problem you have and the oils you use. Some methods can be used for all diseases whereas there are a few methods which are only applicable for certain issues. Thus you must go through each method described below to analyze the method which will work best for you.

### **Aromatically**

You must have often felt bad after smelling an odor, or felt better after smell of rain maybe. This is because aroma has a power to affect our moods, lift our energies or bring us down. In the same way, aroma from the essential oils is powerful enough to affect our brains, release good chemicals and make us feel motivated and determined. This happens when the scent is taken from the nose to the parts of the brain which deal with emotions and feelings. There the aroma interacts with the brain and releases certain hormones from the master gland which then improves our physical and mental well-being.

The interaction of aroma with the brain also improves our blood pressure and heart beat. Apart from the interaction with the brain, the aroma will reach your lungs and treat other

physical diseases. Thus, the aroma of essential oils is a powerful tool to remove our anxieties and worries, especially those related to our weight.

Not every aroma will have the same effect however. The aroma of essential oils is different from all other smells because it contains the benefits of the plants the oil is extracted from. Hence the aroma will give you the same benefit as the application of oil itself. There are further ways in which you can inhale the aroma and experience its benefits, the first one being direct inhalation.

### **Direct Inhalation**

To use the essential oils aromatically, one way is to inhale the aroma of the oil directly. This method involves adding a few drops of essential oil on your hands and inhaling the scent arousing from the drops. You may also bring your nose near the end of the bottle of the oil and inhale the aroma directly. Make sure you do not open and close your bottle again and again as exposure to air can cause the oil to deteriorate. You must also be careful with the oils you are using in this method. Some oils, such as Oregano and Cinnamon, are not appropriate for direct inhalation as they must be diluted first. Thus whenever you plan on inhaling the aroma of an essential oil directly, make sure you research whether you can use the oil in concentrated form or not. Regardless of the precautions, however, the method is helpful if you want quick relief from emotional distress or respiratory issues.

### **Diffusers**

This is a popular technique of inhaling the aroma of essential oils. It involves placing the oils in an electric diffuser which then diffuses the oil in the air so you could inhale the aroma. This is a safe practice as it prevents oxidation of the oil after it interacts with the air.

You will have to ensure that your diffuser is of high quality which allows the process of diffusion to be conducted smoothly. This means that your oil should not get destroyed due to heat and it should remain in the air for a long time. Like in

direct inhalation, make sure you know if your oil can be used directly in the diffuser or should it be diluted or blended with some other oil before use.

If you are worried about the cost of a diffuser, you must drop all your concerns as these diffusers are easily available in the market at a low cost. You may also find different types of diffusers such as mist diffusers, heat diffusers or passive diffusers. Pay a trip to the market and choose the one which perfectly fits your needs, requirements and budgets.

### **Inhalation via cotton balls or handkerchief**

Another way to inhale the aroma of your favorite essential oils is to place 2-4 drops of the oil on a cotton ball or a handkerchief and inhale the scent by keeping the cloth or ball close to your nose. You may also use any other fabric for this purpose.

### **Steam inhalation**

You might have gone through the process of inhaling the steam to open your blocked nose or your pores for certain facials. What if you add aromatic oil in the steam and then inhale the scent? This method will definitely boost your brain activity and will give you an instant calming effect. You will also note that your respiratory issues will get resolved through this inhalation method. To inhale the aroma this way, add a few (generally five) drops of your essential oil to steaming water and then inhale the steam by dropping a towel over your head. Relax and breathe in slowly for a few minutes to get healed.

Although the method of inhaling the aroma may seem like the easiest way to use the essential oils, it has its own pros and cons. This method, although seemingly harmless, can result in headaches, body pains and other serious issues if the aroma is inhaled excessively. Also, your body may sometimes respond negatively to the aromas of some oils. Hence make sure you research about the oils very well and inhale a small and dilute proportion of the oil to see if your body is fine with it.

Let us now look at another popular way to use the essential oils.

## **Topically**

Using the oils topically refers to external usage of the oil where you can massage the oil or apply it directly on your skin. Do not fall into a misconception that this method is fairly easy and that you can apply any oil in any quantity to your skin. Like we mentioned in the beginning of the book, aromatherapy is a controlled procedure where you must take care of the quantity and type of the oil you are using. Hence always make sure that you follow the guidelines mentioned in each technique before applying the oils topically.

## **Massage**

You cannot deny the relaxing effects of a massage. It always feels good when you get a massage done from an outside source, especially after a tiring day at work. Hence you can imagine the benefits you will get if the massage is done with an essential oil which is known to provide even more calming effects. Thus the next time you decide to have a body massage, try doing it with an appropriate essential oil to get enormous physiological and psychological gains.

For the massage, you will often have to blend the oil with carrier oil, which is usually a normal oil like almond oil or shea butter oil. Generally you will add around 15 drops of your oil in 30ml of carrier oil. The best part about this massage is that you do not need the services of a professional to gain therapeutic benefits. You can either do the massage yourself, or ask a loved one to do the massage on your body.

While the method will always calm you down and help you relax, you must make sure that the oil is suitable for your skin. Use a dilute oil to be on the safe side and always test the oil on a small patch of your skin. If you experience irritation, redness or pain, abandon the oil completely.

## **Compress**



Another good way to use the essential oil is to add a few drops of your essential oil in warm water, and then soak a cloth into it and compress it on your body parts. You may apply the wet cloth on the areas which need the most relief. To get rid of headaches, for example, apply the cloth on your forehead or on your stomach if you want to get rid of menstrual pains.

### **Aromatic Baths**

What else can be more relaxing than sinking into a bath full of your favorite aroma after a busy day at work? This technique, without a doubt, will fill you up with a positive energy to continue your workouts even after getting tired day at the office. Your fatigue will go away and you will instantly feel refreshed and full of life.

To gain these amazing benefits, blend a few drops of your essential oil in carrier oil and add in your bath tub before submerging yourself in it. Here again, make sure you test whether the mixture is suitable for your skin or not.

While inhalation works through the aromas, topical application works by absorption of the oils through the skin. Our skins allow the oil molecules to penetrate inside our bodies and reach the organs through the blood vessels. It is then that the oil molecules interact with the organs and resolve your issues. This technique, however, requires a lot of care and prior research as each oil has its own risks and problems. Some oils, for example, can be dangerous under the sun and you must avoid going out after your therapy with those oils. Similarly, some oils may be effective on your friend while they may not work out for you at all. Hence you must always know about the possible hazards of the oil you are using and the type of skin you have.

### **Internally**

Internal usage of essential oils refers to ingesting the oils directly. Since essential oils can sometimes be very potent, this method is not recommended unless you have a professional with you. Ingestion requires high expertise and knowledge of aromatherapy and hence you must avoid doing it at home unless you have consulted a specialist.

As a precautionary measure, ingest dilute oils and in small quantities as high quantity of

essential oils can often damage your body instead of giving relief. You must also make sure that your oil is effective for the disease you are using it for as not all oils will work for your headache or for your depression. The purpose of mentioning these precautions is not to scare you though. The method is still an easy one if only you consult your therapist before doing it at home.

Thus you see, there are many ways in which you can use your essential oils. Each method has their own risks and precautions but they never run out of benefits for your body. Each method will benefit your mental, physical and spiritual health in a different way and will help you overcome your pains and diseases within a short span. At this point, do not haste and start using the oils without any further research. In order to know the most effective blends for your problems, read till the end of the book where we will let you know some amazing and effective recipes for aromatherapy.

## **Chapter 3 : Why You Should Use Essential Oils**

Essential oils are nature ' s gift to humanity. They have enormous amounts of benefits and advantages for not just our body, but for our spiritual and mental health as well. You have learned how to use the essential oils in the previous chapter. It is now time that you learn the ways in which these highly beneficial oils can be used for your mind and body. This chapter will also enlighten you about the reasons why you should always prefer essential oils over any other remedy.

### **No Side Effects**

The first thing that may come to your mind before the usage is the possible side effects of the essential oils. You may doubt its effectiveness and may be scared about experiencing any adverse effects. Contrary to your belief, essential oils do not have any side effects. You can safely use them for your diseases without any fear of damage to your body. Although the oils may disturb your body if not used in a controlled amount, that disturbance is always temporary and not painful. You may only experience headaches or dizziness but the oils will not lead you to anything dangerous.

Essential oils are purely natural and are therefore free from all those chemicals which can harm you in any way. Your man-made medicines, on the other hand, can easily give you side effects, especially those used to treat depression, anxiety and other mental illnesses. Thus, instead of going for medicines which could harm your body, isn ' t it safer to use natural essential oils which give you equally better relief?

### **Inexpensive**

Another reason why essential oils should be your first preference in case of any concern is their relative cost. You might be wondering that a bottle full of benefits will be too expensive for you to afford. This is not the case with essential oils fortunately. A bottle of your favorite essential oil is easily available in the market at an inexpensive cost which will not cause any burdens to your budget. Also, if you invest in an essential oil, be prepared to enjoy the benefits of the bottle for at least five years. Since you only need a

few drops of an essential oil to treat a disease, one bottle can last a very long time. Aren't they then better than all the expensive medicines you use to heal yourself?

## **Stress Reliever**

No matter how happy and satisfied you are, stress will never leave your life. Each of us gets stressed even about small little things in our daily life, which is perfectly normal. The problem, however, starts when the stress persists and we are unable to get rid of it for a long time. This is when the anxiety sets in and you experience headaches, stomach aches and nausea. Most of you get angry or resort to tobacco and alcohol to temporarily escape from your anxious world. If you too get stressed quite often and are unable to get rid of it, you need to resort to aromatherapy for instant relief.

Essential oils have the power to remove your stress and anxieties so you could happily perform all your jobs and manage your life well. Usage of some essential oils, such as lavender oil, can interact with your brain and calm it down when it is stressed about a petty issue. Hence book an appointment at your favorite spa and have a good relaxing massage of essential oils. The massage will instantly fill you with peace, tranquility and harmony. Your stress will go away and you will feel more focused on your tasks and daily life.

## **Weight loss**

We know how difficult it is to not eat those delicious dishes at parties and to go out on a dinner with your loved ones and order something as inadequate as salads. We understand how difficult it is to move your legs and run around the park early in the morning and then stay focused in the office for the rest of the day. For all those hoping to look slim and smart, following a strict exercise and diet regime can be an extremely difficult task. This is especially true for all you foodies out there who may find it extremely difficult to control their temptations to eat frequently. You eventually end up having your favorite burgers regularly and your weight shoots up within weeks.

This is where the aromatherapy can be extremely beneficial for you. It has the power to help you control your desire to eat and hence you will see that your temptations will

gradually go down. Sniffing some essential oils are known to reduce your appetite and make you feel full. Hence you will be less tempted to go for your favorite junk foods and your weight will stay under control. If, on the other hand, you easily get tired during the workouts and rarely feel motivated to exercise, inhaling the aromas of your favorite essential oils can instantly fill you with the energy via which you can exercise to your maximum potential. In short, you must start incorporating essential oils in your daily lives if you want to get into your desired shapes.

## **Other Benefits**

Aromatherapy is not just for depression or anxieties or for weight loss. This amazing technique is full of benefits for you and your body. Apart from calming you down in stressful situations, these essential oils can help you sleep well and remove your insomnia. This can be easily done if you inhale an essential oil, take a bath with your favorite aroma or have a good body massage done. Each of these techniques is so soothing that they will help you sleep within a short span. No matter how sleepless you feel at night, a good massage before the sleep can take you into a dreamy world and help you dive into the world of peaceful sleep. You will sleep in a better way and will get up with lots of energy and motivation for the day.

Aromatherapy has a lot of health benefits as well. It improves your blood pressure and enhances the circulation of blood in your body. Inhaling the aroma also improves your respiratory system. The issues in your lungs will get resolved and you will be able to breathe properly. You can also enhance your digestive system with the help of essential oils. Inhaling the vapors or applying the oil directly on the stomach will improve the digestive system and will enhance the functioning of your intestines.

It is when your physical, mental and spiritual health will be maintained that you will be able to lose weight in an effective manner. Thus get your hands on these essential oils and read the next chapter to find out the ways to lose weight directly and indirectly.

## **Chapter 4 : Recipes**

Now that you are aware of the benefits of essential oils, it is time to put theory into action. You now possess sufficient knowledge of aromatherapy and hence you can try the techniques at your home with ease. Doing aromatherapy at home is not an overwhelming task; it just requires controlled usage of essential oils, adequate knowledge of each technique and an awareness of the risks associated with excessive usage.

There are a number of recipes available for you which are designed for a variety of your problems. The best part about these recipes is that they can be used for more than one issue as well. For example, a particular recipe you make for headache may also be effective in treating depression. Also, for a single issue, you will find a number of recipes to cure it. You may come across more than 10 recipes just for your anxiety and a few more for blood pressure, for example. Whichever recipe you follow, make sure it is taken from an authentic source as untested recipes may not be effective for the problem you are using it for.

Following are some recipes which are known to be effective for each of the issue mentioned below:

### **To remove fatigue**

To feel fresh even after a tiring day at work, mix 6 drops of Grapefruit oil, 5 drops of Palmarosa oil, 4 drops of Thyme oil in 15ml of any carrier oil and shake well. Have a massage done with this mixture and see the amazing benefits it comes along with. You will instantly feel refreshed and energized.

### **To relax your muscles**

If you often get tense and sore muscles after exercise, it is necessary that you relax your muscles so you can continue with your workouts. In order to do that, mix 4 drops of Lavender Oil, 5 drops of Niaouli oil, 3 drops of Pine oil and 3 drops of Black Pepper oil in 15ml of a carrier oil of your choice. Warm the mixture slightly and have a quick relaxing massage done. You can also massage the oil on the

affected area yourself. Just make sure you apply the oil really well on the affected muscles for at least 15 minutes.

### **To remove anxiety**

There are a number of recipes to remove your anxieties. You will also have the option to use the essential oils through more than one method. One famous recipe for anxiety alleviation is to use 12 drops of Lavender oil and 8 drops of Clary Sage oil and mix them well. Add the blend in a diffuser according to the instructions and experience immediate calmness and peace. Alternatively, you may also use 9 drops of Lavender and 6 drops of Clary Sage and add the blend in your bath tub to enjoy a relaxing bath.

### **To get rid of depression**

Mix 4 drops of Lavender oil, 4 drops of Ylang Ylang oil and 12 drops of Grapefruit oil to make a blend. Use this blend in your diffuser, inhale the aroma and say goodbye to depression. If you prefer a massage instead, reduce the quantity of the three essential oils by half and add 1 fl. ounce of a carrier oil to enjoy a relaxing massage.

### **Recipes for Insomnia**

Usage of essential oils will help you fall asleep easily at night. You just have to add some essential oils to a tissue or cotton ball and keep it under your pillow. You will fall asleep after inhaling the aroma continuously.

To make this recipe, you just need 5 drops of Clary Sage oil, 5 drops of Bergamot oil and 10 drops of Roman Chamomile oil. Mix the three oils well and add them on a cloth to enjoy a peaceful sleep.

### **Recipes for Weight Loss**

While all the above recipes will indirectly help you shred the excess fat stored, this particular recipe will help you control your weight directly. The recipe will ensure that your appetite stays under control and that you do not eat excessively at

any time.

To make this blend, mix 30 drops of Grapefruit oil, 1 drop of Ylang Ylang oil and 4 drops of Lemon oil in a teaspoon of coarse sea salt. Add the mixture in a dark colored bottle and inhale the aroma with three continuous deep breaths. Take a small break and then inhale the aroma again for 3 more times. Take a break again and repeat the procedure for the final time.

This is a highly effective recipe which will help you curb your hunger to a great extent. Hence carry the inhaler with you the next time you go out in a restaurant or in a party. You may also keep the inhaler on your office desk to inhale before the lunch breaks.

Enjoy the recipes mentioned above, and live a happier life!



## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to understand how easy, enjoyable, and effective essential oils can be.

The next step is to start and experiment with these different oils and experience the health benefits attached to them.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

**14 Day Dash Diet For Weight Loss**

***The Complete Dash Diet Recipes Plan for Beginners***

***[Bonus Info On My Favourite Diet](#)***

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### **Conclusion**

Now is the time to make a big change! The best diet for weight loss in the US has been making so many lives healthy and happy over the past years – DASH diet.

DASH (Dietary Approaches to Stop Hypertension) is a popular diet plan originally intended to lower hypertension is now a proven plan to boost weight loss and promote results that works long term. With enhanced brain function and reduced cholesterol levels, the result will surely be on the positive side – lower risks of developing heart disease, stroke and even kidney ailments and diabetes among others.

This program is so effective that medical conditions like hypertension can be prevented in as fast as two weeks. Plus, it aids in weight loss too! The outcomes are backed up with scientific research and proven by its users.

There's no doubt, you are interested in weight loss – that's why you are tuned to this book. No worries as this book can make you lose weight and reach your goals. The results are even better with DASH diet, and they come so fast.

There are many diet programs out there, but most of them don't offer sustainable results and are hard to adhere to. DASH is a lot different since it promotes diet plan that are actually easy to follow and incorporate in your daily lives.

This book will provide you with the right knowledge about this incredible diet program, how it works, its advantages as well as tons of sumptuous recipes that will surely make your eating habits restored on a higher level. After reading this guide, you will have a better perspective on eating right and becoming fitter.

Take on the challenge of losing weight and sustaining a healthy way of living. Do it with DASH!

Thank you for downloading “14 Day Dash Diet for Weight Loss – The Complete Dash Diet Recipes Plan for Beginners”

I hope you enjoy it!

## **Chapter 1 – Overview: DASH Diet Solution for Weight Loss**

Before you begin, it is vital that you learn what the DASH program is all about, and what makes it different from the rest.

### **What is DASH Diet?**

DASH stands for “Dietary Approaches to Stop Hypertension”. It is a basically a diet program supported by the US National Institute of Health. It was coined to aid in controlling and stopping high blood pressure or “hypertension” in the nation.

What’s on with the diet? Well, individuals on this diet are encouraged to consume more fruits and vegetables along with non-fat dairy or those with low fat content. Others like fish, poultry meat, whole grains as well as nuts are also allowed. However, what the diet limits are the following: anything fatty, red meat sweetened and alcoholic beverages.

The development of this program ignited the interest of US residents who are suffering from hypertension. Hence, the NIH put random subjects to testing and has funded research in various hospitals, research institutions and universities to determine the likelihood of this diet program. The conclusion is that the DASH diet is effective in lowering blood pressure and other cardiovascular illnesses.

Since the core of the diet is mainly on the right foods, this has gone through different versions. Now, there is DASH Diet specific for health, DASH diet for vegetarians and a particular DASH diet plan for weight loss, which this book will focus on.

### **DASH Study: Beginnings**

As mentioned, DASH stands for “Dietary Approaches to Stop Hypertension”. This has been being developed in the United States for more than 5 decades. The rising numbers of hypertension cases in the country has led the government to allot funds for the development of this diet.

In the 1990s, the major health institutes and research centers in the US collaborated to come up with the most expansive study on DASH. The research was focused on foods that people could get at a supermarket or grocery shop making the diet easy to adhere to.

Here's a quick glimpse of how the DASH study went through:

Basically, the study was conducted utilizing two experimental groups and the control group as follows:

**Group 1:** This group was called the “vegetables and fruits” group. This experimental group was fed with more vegetables and fruits with fewer snacks, sugary items.

**Group 2:** This experimental group was instructed to consume high amounts of vegetables and fruits as well as dairy (low fat). With this, the subjects get to get more potassium, magnesium and other nutrients. The diet is also protein rich since poultry, nuts are highly encouraged too. However, foods that are forbidden include sweetened foods/beverages and red meat.

**Control Group:** This group was instructed to eat like a typical American would do. Basically, the diet was loaded with fat and protein while being low in magnesium, potassium and other minerals like calcium.

What was the result of this study?

The verdict was: Dietary habits have effects on people, especially those suffering from hypertension of all degree. In the study, group 1 experienced a drop in their blood pressure, but was not as remarkable as those in Group 2. In fact, those hypertension-free individuals under the second group also experienced decreased blood pressure.

## **DASH Sodium**

This study was conducted after the success of the DASH study. This was performed to determine whether DASH diet could further reduce blood pressure when the diet is low in salt. The aim of the study is study how low salt levels could affect the DASH diet and how the diet reacts to various sodium intake levels.

The participants of the study include the ones under the average American diet and the group under DASH diet. The participants in each cluster were asked to undergo diet for 30 days on various salt levels including: 1500mg per day, 2400 mg per day and 3000 mg per day.

What was the result?

The result was: Both the control group and those under the DASH diet experienced lowered blood pressure when salt levels were reduced. However, the most significant decrease was experienced when salt consumption was decreased to 1500 mg per day.

With this result, the researchers recommended that the salt allowance per day must be cut back. According to the dietary guidelines in the US, average Americans should consume 2300mg salt per day while those with hypertension should only take in 1500 mg per day.

## **DASH Diet for Weight Loss**

Though the DASH diet was initially developed to aid in hypertension, research also reveals that it is a terrific diet plan to support weight loss. The diet boosts weight loss while promoting health inside and out. The results can be achieved in as quickly as 14 days while relying on natural foods in generous amounts – no starvation required!

The focus of the diet is on natural or real foods – there is no room for preservatives and additives in this diet. It is more on fruits and vegetables with a moderate amount of protein. With such principle, it is viewed as the ideal weight loss diet plan of all time. The meals allowed are satiating and pleasurable to the palate. And it is something that anyone



can follow for a lifetime. It is more like a regular diet with massive benefits.

## **How it Works – Phase 1 and 2**

The DASH diet is divided into two phases:

**Phase One:** This is the first 14 days of the diet program. At this stage, the focus is on low carb, low sugar and high protein foods. Grains and fruits are temporarily not allowed at this point. The goal is to retune metabolism and to enhance the body's natural ability to burn calories. This helps hastens weight loss.

**Phase Two:** This stage is when whole grains, vegetables rich in starch as well as fruits are reintroduced to boost the body's ability to control hypertension and weight gain.

In the first phase, you will need to take in high amounts of protein like nuts, fish, lean meat etc. along with starch free vegetables. This will prevent hunger, which may lead to over snacking. Plus, it also stabilize the sugar levels in the blood lowering the need for insulin leading to increased craving of healthier and lighter foods.

Going on DASH can make anyone fitter and healthier without having to go through harsh dieting. With this diet, you can actually enjoy the following:

- Three meals in a day with snacks in between – deprivation is not necessary.
- Enjoy healthy and filling vegetables in bulk while still maintaining low calorie consumption.
- Eat meat, the lean protein ones that are truly satisfying.
- Satisfy cravings with non-fat and low fat dairy products.
- Pacify your sweet cravings with fresh fruits.
- Snack on crunchy and tasty nuts and seeds that aid in weight loss and heart health.

And most of all, watch your weight drop and your health go up by following the DASH rules.

## **Chapter 2 – Basic DASH Dietary Guidelines**

DASH diet plan is very simple making it easy to follow. It makes use of the usual foods, the ones that can be easily spotted in the grocery store. The diet is composed of plans composed of items from various food groups. The amount of servings really depends on the daily caloric requirements, which can be calculated based on the physical activity and age.

For this guide, the basis would be caloric needs ranging from 1600 to 2600 calories/day:

### **Whole Grains**

**Ideal servings:** 6 to 8 a day

Whole grains serve as the foundation of the DASH program for weight loss. Such foods are rich in fiber and nutrients while being low in fat. However, you should only consume the “whole” grain variety or else the diet will not work. Ideally, you should only be eating natural and unrefined grains.

One of the common culprits in gaining weight despite of consuming grains is adding spreads that are either heavy in dairy or sodium content. As much as possible, lessen fatty and salty additions to your grains.

**Examples:** 1 serving of grains include: ½ cup oatmeal/brown rice, a slice of whole wheat loaf, ½ cup whole grain noodles or pasta.

### **Fruits**

**Ideal servings:** 4 to 5 a day

Though fruits are not part of DASH phase 1, they become a vital component in the second phase. Most fruits are low in fat, rich in fiber and other nutrients like magnesium and potassium reducing the longing for sweet food.

Fruits may be taken in several ways, but preferably fresh. So, a serving or 2 of fruits after meal won't hurt at all. It is also ideal to consume fruits with peel to maximize the fiber intake. Fruits in juice form are also acceptable as long as there is no sugar.

**Examples:** A serving is equivalent to half a cup of berries, ½ cup of fruit juice with no sugar or a medium sized apple or other fruits.

## **Vegetables**

### **Ideal servings: 4 to 5 a day**

You will be getting most of the essential nutrients through vegetables when on DASH diet for weight loss. The top choices are those rich in vitamins, fiber and nutrients like magnesium.

Don't confine yourself to mainly Caesar salad or other vegetable side dishes. Also, don't view vegetables as non-palatable as there are many vegetables that can actually become a major meal. Later in this book, you will learn easy to cook vegetable recipes that suit this diet. Just make sure to have the veggies medium cooked to bring out the distinct flavors.

**Examples:** Half a cup of cucumber or carrots will do as well as 1 cup of uncooked greens like lettuce.

## **Protein – Fish and Lean Meats**

### **Ideal servings: 2 servings a day**

Surely, meats contain loads of protein, vitamin B as well as iron. Yet, they are also high in cholesterol, fats and most of all, calories. Even if that's the case, lean meat must be included in the diet.

But then, lean meats should not be the central focus of your meals like what you and most people are accustomed to. A great way to begin is make them an accessory while

increasing vegetable intake. When possible, avoid fried meats and stick to cooking techniques that don't use much fat like grilling, boiling etc.

**Examples:** fish and chicken, turkey and other poultry meat will do. 2 servings is equivalent to 3 ounces or about 3 matchbox size pieces.

## **Dairy**

**Ideal servings:** 2 to 3 servings a day

Dairy may be banned in some diet plans, but not in DASH. In fact, dairy products like cheese, yoghurt, kefir and milk are recommended. These foods do not only help improve bone health and digestion, but also aid in preventing cancer.

In other programs, dairy is viewed as not good to the tummy and fatty as well. However, the above mentioned dairy products are either fat free or low in fat. Hence the amount of fat you will take in is the healthy variety. Low fat dairy also has low sodium and calorie content.

**Examples:** A serving of dairy is equivalent to a cup of yoghurt, milk or ¼ cup cheese.

## **Legumes and Nuts**

**Ideal servings:** 4 to 5 servings a week

Legumes, nuts and various types of seeds are rich in protein, fiber and nutrients as well as fatty acids – omega 3. They also have a good amount of phytochemicals that helps the body avert cardiovascular illnesses.

The best way to include such foods in the diet is to control the portion size. For instance, nuts are tasty and you may eat a handful without even noticing. Several handfuls of nuts are equivalent to high amount of calories as well. A great way to trim down the calories is to pick the unsalted variety.

**Examples:** A serving is equivalent to half a cup cooked beans, 1/3 cup of nuts or 2 to 3 tablespoons of seeds.

## **Sugar – Sweets**

### **Ideal servings: 5 servings a day**

The beautiful thing with DASH diet is that it does not deprive you from the simple pleasures of life. So, don't forget about desserts since you are allowed with a bit of sweetness from time to time.

Though fresh fruits must be the center of your meals, dark chocolate is allowed since it is heart healthy. Other things that could pacify your cravings for sweets include desserts with high cocoa content, fruit sorbets and hard candies. You may also consume artificial sweeteners, but make sure to control the amount and don't rely on it too much.

**Examples:** A serving is equivalent to a tablespoon of jam, ½ cup of iced fruit or sorbet , a cup of fruit drink like lemonade, 3 to 4 small squares of dark chocolate and 8 to 10 pieces of hard candies.

## **Oils and Fats**

### **Ideal servings: 2 to 3 a day**

You should know that the right kind of fats can actually do good things more than harm. Healthy fats promote vitamin absorption, help strengthen the immune system and improve cardiovascular health.

It is highly advised to take in the unsaturated variety instead of trans and saturated fats that are both linked to obesity and heart diseases. For healthy fat consumption, limit your daily intake to as much as 6% and you are on your way.

**Examples:** A serving is equivalent to 1 spoon of mayonnaise or 2 spoons of salad dressing, 1 spoon of oil.

## **Sodium**

### **Ideal serving: 1500 to 2300 mg. a day**

DASH diet is a bit stern when it comes to sodium. The focus is on the above mentioned foods with low sodium content. Although the DASH diet allows up to the standard, which is 2300 mg. per day, it is better to stick to the lower limit. For the best guidance, it is recommended to talk to a doctor regarding your sodium allowance especially if you have a known cardiovascular condition.

## **Chapter 3 – DASH Diet and Its Characteristics**

There is no need to go on starvation and deprivation in DASH diet – it is simply a way to eat healthier so that you will experience long term health benefits. It is in fact not a diet program that includes video CD's or anything like that. DASH diet is basically the epitome of right eating in America – this is how everyone should eat.

Plus, this diet also does not only encourage healthy eating habits, but the recipes qualified under this diet offer recommendations on healthy snacking – this helps every individual avoid processed and junk foods. The diet in its totality does not only target those experiencing high blood pressure. DASH is the total approach to living and eating healthy by lowering salt intake and increasing consumption of vitamins, minerals and essential nutrients.

To help you get a better understanding of this diet, take a quick look at its features:

### **DASH is Fiber-Rich**

This diet promotes a high fiber intake lifestyle by promoting consumption of more servings of vegetables, fruits as well as whole-type variety of grains. By doing so, you feel full while helping your body fight high blood pressure.

In addition, consumption of more fiber has something to do with regulating blood sugar levels in the blood, which also promotes weight loss.

### **DASH is Minerals and Vitamin Rich**

The necessary vitamins and minerals that the body needs can be found in the vegetables, fruits as well as whole grains. Basically, whole foods in general and unprocessed ones are



packed with good nutrition.

Also, most fruits and vegetables come with high amounts of potassium and magnesium that aids a lot in regulating blood pressure in its normal levels.

## **Healthy Fats**

Eating good fats is the thing in DASH diet – the goal of this diet is to diminish the consumption of bad fats as much as possible. There are mainly two types of fats: the bad ones and the good ones. Saturated fats and trans fats found in junk or processed foods as well as margarine and other fatty products are considered the bad guys.

Such sources of fats must be replaced with good fat sources like the omega 3 fatty acids from fish like salmon and tuna, seeds, nuts as well as dairy products with zero or low fat content as well as lean meat like poultry.

## **Reduced Salt Intake**

Averagely, Americans daily allowance for sodium is at 3500 mg a day. The DASH diet is stricter when it comes to salt intake since the study proved that reducing salt intake offers significant effects to lowering hypertension and reducing body weight.

With the DASH diet, an individual is allowed to take 1500 mg to 2300 mg of salt a day. This should be followed in order to reap the wonderful benefits of this diet.

## **DASH Says “NO” to Sugar, Caffeine and Alcohol**

If you want to become successful in adopting the DASH diet, you need to let go of sugar most of the time. So, forget about over indulging in your favorite soda drink or perhaps

munching on processed sugary snacks you love to grab in the grocery store shelves. The diet is about making healthier choices that are satiating and satisfying.

Also, the diet recommends cutting back or totally eliminating caffeine and alcohol as these have less or no nourishing value and are loaded with tons of sugar that could contribute to diseases like hypertension, diabetes etc.

## **Calorie and Sodium Intake**

There is really not much restriction when it comes to DASH diet. The principles are simple and the food choices are highly accessible. Any person going through this diet could adopt 3100 calories a day at a maximum or opt for a low of 1500 calories per day.

The same thing goes with sodium – there is an option to go for 1500 mg of salt consumption a day or choose a higher amount at 2300 mg a day. Of course, the amount of sodium and calories you will have to take each day has to depend on certain factors like the following: age, current weight, physical activity, any present conditions like hypertension etc.

Ideally, overweight individuals should opt for lower sodium and caloric intake, and the other way around for those who are within their normal weight levels. In case of hypertension, low salt diet is vital. To get the best advice, it is highly recommended to speak to a doctor or a nutritionist.

## **Chapter 4 – DASH Diet Breakfast Ideas**

DASH promotes healthy eating in right amounts. This makes no excuses for skipping breakfast. This meal makes you prep up for the entire day. This chapter will share tasty treats perfect for your morning meals.

### **Recipe 1: Broccoli and Cheese Omelette**

This can be eaten with a glass of low fat or zero fat milk, a slice of whole grain toast or your vegetable and fruit of choice.

You will need:

- 4 eggs
- 1/3 cup cheddar cheese (low fat)
- 2 to 3 cups broccoli florets
- 1/3 cup of parmesan (grated)
- 1 cup egg whites
- Pinch of salt and pepper to taste
  - 1 spoon of olive oil

How to Prepare:

- Boil/steam the broccoli florets for 4 to 6 minutes
- Mash the broccoli to turn in into tiny pieces, then season with pepper and salt.
- Heat the pan, and sprinkle the olive oil.
- Combine the 4 whole eggs and the cup of egg white and parmesan.
- Pour the egg mixture onto the broccoli and drizzle over the frying pan.
- Top with cheddar cheese and flip on both sides.
- Cook for 2-3 minutes and enjoy.

## **Recipe 2: Tofu and Chile Surprise**

You will need to stock up on protein in the first phase of DASH diet. Tofu is an excellent source of protein, but unlike the usual meat, it is a lot healthier.

You will need:

- 500 to 600 grams extra firm tofu
- 2 to 3 cloves minced garlic
- 1 large onion chopped
- 1 piece chile (poblano), chopped and seeds removed
- 1 cup chopped tomatoes
- 1 to 2 spoon lemon juice
- Pinch of dried oregano and cumin and chili
- Pinch of salt
- 1 spoon of olive oil

How to Prepare:

- Pat the tofu dry with kitchen towels and cut into small cubes before crumbling them.
- Heat the pan and drizzle with olive oil. Add in the onion, garlic and pepper.
- Cook for 3 to 5 minutes before adding the spices. Put in the crumbled tofu to the pan then, lower the heat.
- Allow it to cook while stirring intermittently. Before turning the heat off, add in the lemon juice and tomatoes. Enjoy!

### **Recipe 3: Easy DASH Tuna Salad**

This is a quick and no-cook DASH recipe that will surely help you lose weight day after day.

You will need:

- A can of low salt tuna immersed in water
- 2 spoons of light mayo
- 1 egg, boiled then diced
- A handful of romaine lettuce
- ½ cup chopped celery
- ½ cup cherry tomatoes
- Shredded vegetables: cucumber or carrots

How to prepare:

- Combine egg, tuna and mayo in a small bowl.
- In a plate, arrange the lettuce, tomatoes and shredded vegetables.
- Put about ¾ cup of the tuna mixture on top of the vegetables
- Sprinkle celery on top. Enjoy!

#### **Recipe 4: The Healthy French Toast**

This recipe makes use of whole grain bread and best paired with 1 glass of low fat or if possible, zero fat milk for added protein and nutrients.

You will need:

- 4 slices of whole grain bread
- ½ cup low/zero fat milk
- 1 whole egg
- 1 spoon of sugar
- ½ cup mashed apples
- A pinch of cinnamon

How to Prepare:

- Combine the egg, milk, cinnamon, mashed apple and cinnamon in a bowl. Mix thoroughly.
- Soak the bread and make sure the egg-milk mixture is fully absorbed.
- Grease a skillet with light butter and cook the bread slices until golden brown.
- Serve hot and enjoy!

#### **Recipe 5: Fruity Walnut Pancakes**

For this pancake recipe, forget about the sugary syrup – replace it with zero fat yoghurt with vanilla. The added protein will make you feel full the rest of the morning.

You will need:

- 1 piece mashed banana
- 3 egg whites
- A cup of flour (whole wheat)
- A cup of non-fat milk
- 2 spoon walnuts (chopped)

- 2 teaspoon of baking powder
- 2 teaspoon oil
- A pinch of cinnamon and salt

How to prepare:

- Mix the egg, vanilla, milk, oil and banana in a bowl and stir until smooth.
- In another bowl, combine the dry ingredients and pour on the wet mixture. Mix until the dry spots are gone.
- Coat the pan with oil, and put about a quarter of the pancake mix into the pan. Wait for the edges to cook and watch for bubbling. Flip the cakes. Serve and enjoy!

## **Recipe 6: Oat Pancakes – Whole Wheat Style**

Pancakes are certainly delicious, but can be rich with fats and unnecessary additives. Try this healthier version instead.

You will need:

- 1 cup oats
- Half cup all-purpose flour
- Half cup whole wheat flour
- 1 cup low fat milk or 0% fat variety
- 2 eggs
- 1 spoon vegetable oil
- 1 spoon powdered sugar
- 3 tablespoon maple syrup
- A pinch of salt

How to Prepare:

- Ground the oats using a blender. Then combine it with flour, milk, salt, eggs and vegetable oil.
- Stir until all ingredients are mixed together.
- Heat a skillet and coat with cooking spray. Pour about ¼ cup of the mixture and let it cook for 1 to 2 minutes or until the top is already bubbling. Cook the other side.
- Serve with powdered sugar and maple syrup on top. Enjoy!



## **Recipe 7: Milky Peppered Eggs**

In this recipe, using low fat or zero fat milk can help a lot in shedding fats.

You will need:

- 3 eggs, beaten
- ¼ cup of milk
- ¼ cup white or green onion
- ½ cup bell pepper chopped
- ¼ cup chopped tomatoes
- A pinch of salt and pepper
- A bit of chili sauce

How to Prepare:

- Heat the pan and coat with cooking spray. Saute the onion, tomatoes and bell pepper. Cook until the ingredients are tender. Set this aside.
- Combine milk, eggs, salt, pepper and chili sauce in a bowl. Pour into the pan and cook while stirring from time to time.
- Cook until the eggs have set it, but moist. Turn off heat and mix in the vegetables. Enjoy!

## **Chapter 5 – DASH Diet Lunch Ideas**

In DASH, eating lunch will surely be a pleasurable experience. There is no need to skip lunch. Here are hearty and delicious lunch recipes you can easily try at home.

### **Recipe 1: Cheesy Mushroom Green Wraps**

This is an easy to do recipe for a light and satisfying meal. Just make sure to use whole wheat tortilla or pita bread.

You will need:

- 2 pieces whole wheat tortilla or pita pockets (8 inches round)
- 2 to 3 cups chopped mushrooms (shitake or portabella)
- 250 grams arugula or spinach
- Half a cup diced tomato
- A teaspoon of garlic (minced)
- Half a cup shredded low fat mozzarella cheese
- 1 spoon of olive oil

How to prepare:

- Heat the pan, drizzle with olive oil. Add in the garlic and mushrooms. Cook until brown.
- In every tortilla, layer mushrooms, cheese, tomato and spinach. Roll up and place in a heated pan.
- Heat the wrap until the cheese melts. Remove from the pan and cut in half. Enjoy!

## **Recipe 2: Tasty Turkey Sausage with Potatoes**

Instead of using beef, the best way to trim off those excess fats without sacrificing taste and nutrition is to use lean meats.

You will need:

- 2 to 3 pieces Red skin potatoes with peel on
- 250 grams turkey/chicken sausage
- 1 large onion
- 3 spoon olive oil
- 1 teaspoon crushed cumin seed
- 1 teaspoon crushed thyme
- A pinch of salt and pepper

How to Prepare:

- Heat pan and put some oil. Add in the onions and potatoes cook for 10 to 12 minutes until tomatoes are tender.
- Slice the sausage thinly and mix it to the potato mix. You may add as much as 1 spoon of to avoid sticking.
- Cover for 6 to 8 minutes, stirring regularly.
- Add in the salt, pepper and cumin. Serve hot and enjoy!

### **Recipe 3: Salmon Pita Wraps**

Bored of the usual tuna sandwich? This is another omega 3 rich recipe that will make your heart healthy while cutting down your waist line. For a healthier treat, use zero fat yoghurt and lemon juice to make tartar sauce.

You will need:

- 1 cup of salmon strips
- 1 spoon chopped onions
- 1 to 2 spoons chopped bell pepper
- 2 to 3 pieces of lettuce leaves
- 3 pieces pita bread (whole wheat)
- 1 teaspoon capers
- Pinch of black pepper
- 3 spoons zero fat yoghurt
- 1 spoon lemon juice
- 1 spoon of olive oil

How to Prepare:

- Heat the pan and add the olive oil. Put the salmon strips and cook for 1 to 2 minutes.
- Combine the cooked salmon, onion, bell pepper and pepper.
- For the sauce, drizzle some lemon in the yoghurt and stir.
- Cut pockets in the pita bread. Put 1 lettuce and a portion of the combined mixture. Put some sauce. Enjoy!

## **Recipe 4: DASH Broccoli Pasta**

Who said you can't have pasta when on a DASH diet? Yes, you can! For this recipe, use whole wheat pasta to load your body with the necessary fiber.

You will need:

- 400 grams whole wheat pasta
- 4 cloves minced garlic
- ½ cup parmesan cheese
- 6 to 7 cups broccoli florets
- 2 to 3 spoon olive oil
- Pinch of salt and pepper

How to Prepare:

- Boil water with a pinch of salt in a big pot. Add in the broccoli and pasta and cook for about 10 minutes or until the pasta is al dente. Drain the water and set aside half a cup of pasta water for later use.
- Place the pot back on top of the stove. Add olive oil and sauté the garlic. Reduce the heat and add the pasta. Stir well.
- Drizzle with olive oil and sprinkle the parmesan cheese. Add the reserved pasta water and mix thoroughly then, splash in the salt and pepper. Enjoy!

## **Recipe 5: Chicken with Orange and Greens**

This is a sumptuous and healthy chicken recipe with a hint of citrus and made richer with avocado.

You will need:

- 2 to 3 chicken breast
- 1 cup zero fat yoghurt
- 2 spoons chopped onions

- 2 spoons minced cilantro
- Pinch of salt and pepper
- 2 piece medium sized oranges sectioned and peeled
- 1 avocado, sliced
- 1 spoon honey
- 2 spoons orange juice

#### How to Prepare:

- Combine all the ingredients, but leave the chicken, orange, avocado and lime behind. Then, put the chicken to the mix and have it thoroughly covered. Chill for 30 minutes.
- Drain the marinade, and sprinkle some more pepper and salt to the chicken.
- Grill the chicken - 2 to 3 minutes on each side.
- Toss the avocado with lime juice. Then, arrange the chicken on a plate. Garnish with the citrus and avocado on the side.

## **Recipe 6: Flavorsome Chicken Kebabs**

Chicken is should be favored as a source of protein in DASH diet other than lean meat. Try this amazing recipe and enjoy the amazing flavors.

You will need:

- 500 grams deboned chicken breast
- 1 tablespoon mustard
- a spoon lime juice
- Half cup low fat or 0% fat yoghurt
- 3 quarter spoon of powdered curry
- Red or green bell pepper cut 1 inch thick
- A pinch of nutmeg
- White onion cut into 1 inch size
- Sweet potato cut into 1 inch size
- Dash of salt and pepper

How to Prepare:

- Put chicken in a zip lock bag. Set aside.
- Combine the yoghurt, nutmeg, curry powder, mustard, lime juice, pepper and salt. Pour this mixture over the chicken.
- Seal the bag and move it to coat the meat. Put in the fridge for 2 to 6 hours. Turn from time to time to spread the flavors.
- Preheat your broiler/griller. Thread the chicken meat in metal skewers – put in the chicken, onion, bell pepper and sweet potato.
- Cook for 5 to 8 minutes on each side or until the meat is cooked. You may eat it with brown rice or pita bread. Enjoy!

## **Recipe 7: Italian Turkey Meatballs**

Another great substitute for red meat is turkey. You can make a tasty and flavorful resume using this lean meat.

You will need:

- 500 grams ground turkey meat
- 1 large chopped onion, chopped
- Half cup rolled oats
- 3 tablespoon zero fat milk
- 1 green pepper, chopped
- 1 beaten egg
- 3 cloves minced garlic
- Dash of salt and pepper
- Dash of crushed basil leaves/parsley
- 1 spoon Creole powder/seasoning

How to Prepare:

- Pre heat oven to 350 degrees Fahrenheit. Coat a baking tray with non-stick coating. Set aside.
- In a bowl, combine the turkey meat, oats, milk, egg, onion, pepper, salt, pepper and the basil or any Italian herbs of your choice.
- Use an ice cream scoop to form meat balls and arrange these in the pan.
- Bake for 30 minutes at 165 degrees Fahrenheit. Enjoy!



## **Chapter 6 – DASH Diet Dinner Ideas**

It is always nice to spend dinner time with a healthy and light meal. With that, here are a few good and easy to prepare recipes that you will certainly enjoy:

### **Recipe 1: Fish and Sweet Peppers**

Fish is among of the protein- rich foods allowed in the DASH diet – lower in cholesterol in calories.

You will need:

- 250 grams fish fillet
- 1 cup chopped yellow/green peppers
- 1 onion chopped
- 1 cup diced tomatoes
- 1 to 2 cups mushrooms (shitake or portabella)
- 2 spoon olive oil
- Pinch of dried oregano

How to Prepare:

- Cut the fish into large cubes, and pat dry with paper towels.
- Heat the pan, add oil and sauté the onions, pepper and mushroom. Cook for 3 to 5 minutes. Set aside.
- Add some oil in the pan and cook the fish for 7 to 10 minutes. When it's flaky, then the fish is already cooked.
- Add in the cooked vegetables to the fish and the diced tomatoes. Cook for another minute. Enjoy!

## **Recipe 2: Basil Spiced Shrimp Spikes**

This is a dish filled with awesome flavors. This is best eaten with whole grain pasta or brown rice.

You will need:

- 300 grams jumbo prawns, veins and shell removed
- Half a cup grated parmesan
- A cup of chopped fresh basil
- 3 spoons olive oil
- 1 garlic clove
- Pinch of salt and pepper to taste

How to Prepare:

- Combine cheese, garlic, basil, pepper and salt in a food processor. Gradually add oil while blending.
- Marinade the shrimps in the pesto mix. Chill for at least an hour.
- Place the marinated shrimps in metal or wooden skewers.
- Place over a grill and let it cook for 3 to 5 minutes on each side. Enjoy!

### **Recipe 3: Zesty Fish Tacos**

Having fish for tacos is a different, but unique way of enjoying this favorite. Give it a kick by adding jalapeno and lime.

You will need:

- 250 grams tilapia filets
- 2 to 3 chopped jalapeno peppers, seeds removed
- 1 onion chopped
- 1 to 2 cups tomatoes, diced
- 1 cup shredded cabbage
- 3 spoons lime juice
- Half a cup chopped cilantro
- 1 piece avocado, sliced thinly
- Pinch of salt and pepper
- Corn tortillas
- 4 to 5 spoons of zero fat yoghurt

How to Prepare:

- Heat pan and add oil then, sauté the garlic and onion. Add in the tilapia and cook until flaky.
- Mix in the cilantro, tomatoes and peppers then, drizzle with lime juice. Season it with pepper and salt afterwards.
- Warm the tortillas then, scoop the cooked fish mixture to the tortilla. Add thin slices of avocado, yoghurt and the shredded cabbage. Enjoy!

## **Recipe 4: Healthy Spinach Spaghetti**

This is a simple and healthy pasta recipe, perfect if you don't have much time preparing supper.

You will need:

- 350 grams whole wheat spaghetti
- 200 grams baby spinach
- 4 spoons olive oil
- 4 to 5 minced garlic
- ½ cup parmesan cheese (grated)
- ½ teaspoon pepper flakes
- A pinch of salt and pepper

How to prepare:

- Boil water with salt in a pot. Put in the spaghetti and cooked according to package instructions. Drain and keep some pasta water for later use.
- Heat oil in a pan and the garlic, pepper flakes and cook until the garlic is light brown. Toss in the spinach and cook for a minute or two.
- Add the pasta and grated parmesan cheese. Enjoy!

## **Recipe 5: Tomatoes Chicken Rice Stuffing**

Rice cooked in a broth that is low in sodium is a great addition to your DASH recipes.

You will need:

- 1 piece chicken breast
- 1 cup brown/wild rice
- 4 big tomatoes
- Half a cup grated parmesan
- A cup of water and vegetable broth low in sodium

- 1 to 2 spoons of fresh basil
- 2 spoons of olive oil

How to Prepare:

- Cook the rice based on the package instructions using the water and low sodium broth.
- Preheat your oven to 350 degrees Celsius Fahrenheit. Then, grill the chicken breast.
- Meanwhile, cut the top of the tomatoes and take out the seeds. Once the rice is cooked, put some garlic, chicken and basil then top with a generous amount of parmesan cheese. Drizzle with some olive oil.
- Bake in the oven for 15 to 20 minutes. Enjoy!

### **Recipe 6: Roasted Tofu Cooked Asian Style**

Tofu tastes like meat, but is a lot healthier. Try this recipe filled with rich Asian flavors. You will surely love it.

You will need:

- 1 huge block firm tofu cut in cubes (400 to 500 grams)
- 1 spoon low sodium soy sauce
- 3 spoons sesame oil
- 1 spoon maple syrup
- 1 spoon apple cider vinegar
- 1 to 2 spoons canola oil
- 1 onion, sliced
- A handful of snap peas
- 1 teaspoon sesame seeds
- Dash of salt and pepper

How to Prepare:

- Pre- heat your oven to 400 degrees Fahrenheit.

- In a bowl, toss tofu, sesame oil, canola and season with salt and pepper. Scatter around a baking tray and put in the oven for 15 minutes at 200 degrees Fahrenheit.
- Combine maple syrup, apple cider vinegar and soy sauce. Whisk thoroughly.
- Get the tofu from the oven and add in the peas and drizzle the sauce. Sprinkle with some sesame seeds. Roast for another 5 to 7 minutes. Enjoy!

## **Recipe 7: Risotto and Healthy Brown Rice**

From time to time, you may give yourself some meaty and hearty treat. This recipe used lamb. You may also do the same with pork or beef. Just make sure not to make it a part everyday dinner.

You will need:

- 1 kilogram deboned shoulder roast
- 1 spoon curry powder
- 1 large green bell pepper, chopped
- 2 carrots, chopped
- 2 to 3 cups vegetable broth, reduced salt
- Dash of salt and pepper
- A cup of brown rice

How to Prepare:

- Cut off the fat from the lamb meat. If you wish, you may slice the meat to make it easy to cook in a crock pot or slow cooker.
- Put some non-stick coating spray in a pan. Brown the lamb meat on each side. Drain the excess fat.
- Put the vegetable broth in the slow cooker along with the brown rice, salt, curry powder. Arrange the carrots on top then, put the meat.
- Cook for 9 hours under low heat or for 4 to 5 hours on high heat.
- Add in the bell pepper and let it cook for another 5 minutes. Enjoy!

## **Chapter 7 – DASH Diet Snack Ideas**

You can snack 2 to 3 times a day even when under DASH diet. So, here are some excellent recipes that you can follow:

### **Recipe 1: Vegetable Filled Quesadillas**

This Mexican treat is often filled with meat. Why recreate a healthier version by stuffing it with vegetables instead?

You will need:

- 5 pieces soft tortilla, preferably whole wheat type
- 1 onion sliced into thin strips
- 2 pieces bell pepper sliced into thin strips
- Half cup low fat cream cheese
- 1 spoon olive oil
- Half a teaspoon chili powder
- Half a teaspoon cumin powder
- A handful of cilantro or parsley

How to Prepare:

- Heat a non-stick skillet and sauté the onions and bell pepper in olive oil for 4 to 5 minutes or until tender. Add in the chili and cumin. Cook for another minutes. Drizzle some parsley then, set aside.
- Spread the cream cheese on half part of the tortilla. Top with the pepper onion mixture, fold and press.
- Cook in another skillet for 2 to 30 minutes pressing gently until the cheese melts. You may serve this with salsa. Enjoy!



## **Recipe 2: Herbed Nutty Surprise**

Nuts are considered healthy especially when baked. Try this cool recipe.

You will need:

- 2 cups almond nuts
- 1 spoon olive oil
- 1 spoon chopped rosemary
- A pinch of Kosher salt
- A pinch of powdered red pepper

How to Prepare:

- Pre heat the oven to 325 degrees degree Celsius
- Mix in all the ingredients in a bowl. Toss a little to coat the nuts.
- Line the baking sheet with foil and arrange the nuts.
- Bake for 15 to 20 minutes or until the nuts are toasted. Let it cool. Enjoy!

### **Recipe 3: Fruit Berry Sandwich**

This is a totally delicious treat that won't take much of your time. It is perfect as weekend or party snacks.

You will need:

- 4 pieces toasted English muffins – halved
- 250 grams low fat cream cheese
- 300 to 400 grams strawberries, sliced
- 1 spoon honey
- 1 spoon grated citrus zest

How to Prepare:

- Blend the cream cheese, citrus zest and honey until well blended.
- Spread the cream cheese mixture on top of the muffin. Top with some strawberry slices.
- Do the same with the rest of the muffin halves. Enjoy!

## **Recipe 4: Vegetable Sticks in Curry Dipping Sauce**

This is an extremely easy no-cook snack recipe that you and the rest of your family and friends will love.

You will need:

- 2 carrots sliced into sticks
- 3 to 4 stalks of celery sliced into sticks
- 200 grams low fat yoghurt
- 3 spoons fruit chutney – peach or mango
- 1 spoon curry powder

How to Prepare:

- Combine the curry powder, fruit chutney and yoghurt in a bowl.
- Slice the vegetables ahead and simply dunk into this yummy dipping sauce.
- You may also make the dip in advance. Just chill it in the fridge.
- You may use other vegetables like cucumber and pea pods.

## **Recipe 5: Home Made Cheesy Garlic Chips**

This is a unique, flavorful and healthy snack that will change the way you munch on chips.

You will need:

- 1 pack wonton wrappers
- 3 /4 cup low fat cheese (grated)
- 1 teaspoon garlic powder
- Half a teaspoon chili powder
- 1 spoon olive oil for brushing

How to Prepare:

- Brush some olive oil in the wonton wrappers.
- Cut the wrappers in half in a diagonal direction to come up with triangle shaped wraps.
- Arrange the cut wrappers in a baking tray. Set aside.
- In a bowl, combine the chili powder, grated cheese and garlic powder. Sprinkle on top of the wrappers.
- Bake for 8 to 10 minutes at 350 degrees Fahrenheit or until golden brown in color. Cool down for a few minutes. Serve and enjoy!

## **Recipe 6: DASH Oatmeal Cookies**

Cookies are truly delicious, but the fats in it are not so good for the body. Here is a recipe that will let you enjoy cookies till you drop.

You will need:

- 1 cup rolled oats
- 2 eggs (white only)
- 1 cup flour (all purpose)
- Half cup low sodium, low fat peanut butter

Half cup soft margarine or butter (low fat)

- ½ cup brown sugar
- A pinch of baking soda
- 3 drops vanilla extract

How to Prepare:

- Mix peanut butter and softened butter or margarine using electric mixer – do this for about 30 to 40 seconds.
- Combine the baking soda and sugar. Add in the vanilla and eggs. Beat until well blended. Add in the flour and then, the oats.
- Scoop the dough using a teaspoon. Place on top of cookie sheets at least 2 to 3 inches apart.
- Bake for 6 to 8 minutes at 375 degree Fahrenheit. Cool for a few minutes. Enjoy!

## **Recipe 7: Guilt Free Dairy and Berry**

Berries are great source of vitamins and minerals – they are antioxidants too. You can make a fabulous snack using low fat yogurt these little berries.

You will need:

- A cup of berries (blueberry, strawberry, raspberry)
- Pretzel or cracker sticks
- 2 to 3 cups low fat flavored yogurt (mango, vanilla etc.)

How to Prepare:

- Mix the berries and yogurt in a bowl.
- Scoop into paper cups or Popsicle molds then, cover with foil.
- Poke a small hole in the middle and place the pretzel/cracker stick.
- Put in the freezer and let it chill for a few hours. Enjoy!

## **Chapter 8 – DASH Diet Dessert Ideas**

### **Recipe 1: Tropical Skewers**

This is a delicious and healthy sweet treat to calm down your sweet cravings.

You will need:

- 10 pieces strawberries
- 25 pieces blackberries
- A cup of pineapple, cubed
- A cup of kiwi, cubed
- Skewers
- 1 cup zero fat yoghurt
- 240 grams zero fat cream cheese
- 2 spoons honey

How to Prepare:

- Simply place the fruits in the skewers. Be creative.
- Combine the cream cheese, honey and yoghurt. Dip the fruits and enjoy!

## **Recipe 2: DASH Pineapple Popsicles**

This is a refreshing treat that will surely trim down your waist line.

You will need:

- 2 cups pineapple pineapples, cubed
- 1/3 cup pineapple juice
- Half a cup of light coco milk
- 2 teaspoons sugar

How to Prepare:

- Cube the pineapples and place in the blender. Add in the pineapple juice and blend until smooth.
- Add in the coco milk and sugar and blend for another minute.
- Transfer the blend into popsicle molds and put in the fridge to freeze. Enjoy!



### **Recipe 3: Melon Coolers**

This is best consumed when chilled. You may also use watermelon or honeydew.

You will need:

- 2 to 3 cups cantaloupe, cubed
- A cup of fresh orange juice
- A cup of zero fat yoghurt

How to Prepare:

- Place all the ingredients in a blender and pulse until smooth.
- Put in the fridge for at least 2 hours. Enjoy!

#### **Recipe 4: Berry and Banana Ice Cream**

Banana is an excellent substitute for cream. Expect the nice flavors and creaminess with less calories and fat.

You will need:

- 3 bananas, sliced into pieces
- Half a cup of zero fat milk
- A cup of frozen blueberries
- 1 tablespoon vanilla extract

How to prepare:

- Chill the sliced bananas for 6 to 8 hours.
- Once chilled, place in a blender along with the vanilla, milk and pulse for 2 to 3 minutes.
- Add the berries and pulse for another minute. Enjoy!

## **Recipe 5: No Bake Banana White Choco Pie**

You don't need an oven and the pastry chef master skills just to come up with this healthy and delicious treat.

You will need:

- 120 grams white chocolate, chopped
- 250 grams cream cheese
- 1 to 2 banana, sliced
- Graham cracker crust
- 3 tablespoon sour cream
- Half cup chilled cream
- 1/3 cup sugar
- 3 to 4 drops vanilla extract

How to Prepare:

- Put the chopped white chocolate in a bowl. Put on top of a pot with simmering water. When slightly melted, stir thoroughly for full melting.
- Combine the sugar and cream cheese then, whisk until even and smooth. Add in the sour cream. Whip the chilled cream until it is firm enough. Fold it carefully into the chocolate mixture.
- Have the graham crust ready. Top with banana slices. Pour the mixture over and put in the fridge. Chill for 2 to 3 hours. Enjoy!

## **Recipe 6: Orange Melon Slush**

It is always great to have something refreshing for dessert. Cantaloupe or melon is an excellent choice. It is loaded with vitamin C and other minerals that the body really needs.

You will need:

- 4 to 5 cups cantaloupe, cubed
- 1 cup ice cubes
- 1/3 cup freshly squeezed orange juice or any citrus juice of your choice

How to Prepare:

- Put the ice in the blender, together with the melon and orange juice.
- Blend for about 8 to 12 seconds until the slush is smooth and even.
- Enjoy right away.

## **Recipe 7: Carrot-Cream Cheese Cake**

Instead of the usual chocolate, why not experiment on vegetables like carrots for dessert?

You will need:

- 4 cups carrots, grated
- 4 large eggs
- A cup of cream cheese
- Vanilla pudding cake mix
- ½ cup fresh orange juice
- 1/3 cup raisins
- 1 spoon cinnamon
- Half a cup pecans
- Orange zest

How to Prepare:

- Preheat oven to 350 degree Fahrenheit. Then, grease cake pans using vegetable oil or any non-stick coating. Dust the pan with a bit of flour. Set aside.
- Combine the cake pudding mix, eggs, orange juice and powdered cinnamon in a bowl. Mix with an electric mixer for 50 seconds or more until well blended. Beat for another minute or two in order to produce a thick mixture.
- Slowly fold in the nuts, grated carrots and raisin. Pour the mixture over the pan and put inside the oven.
- Bake for 30 to 40 minutes or until the cake is golden brown in color. Test it by gently pressing on the cake. When it springs back then it's ready.
- Take away from the oven. Cool for 10 to 15 minutes. Run a bread knife or a flat stick around the pan edges to remove the cake from the pan and invert it. Cool for 20 minutes or more.
- Meanwhile, beat the cream cheese until thick. Add in some lemon zest to intensify the flavor.

- Cut the cake in half horizontally. Spread the cream cheese frosting on top of one layer. Add in some chopped pecans. Top it with the other layer and do the same. Sprinkle some orange zest on top. Enjoy!

## **Chapter 9 – DASH Diet Final Tips**

Getting started with the DASH diet is not that hard at all. You only have to be mindful of the diet principles and be prepared to make a big change in your lifestyle. Practically, the basics of the program were already provided in the previous chapters.

However, here are a few tips to ensure your success:

### **Start Gradually**

You may be that red meat lover person like almost anyone out there. Hence, it will be a torture to abruptly shift to eating fruits and vegetables. What you can do is not to rush things and simply make gradual changes. A good way to start is to substitute one meal of the day for recipe that follows the DASH principles.

### **Go Low Fat on Desserts and Snacks**

You should learn to pacify your cravings for sweet desserts with healthier options. Instead for that sinful chocolate cake, why not opt for a whole wheat muffin or much better fresh fruits? You may even want to start snacking on hard candies or nuts.

### **Avoid Alcohol and Sugar**

If you really want to live fitter and healthier, you should learn to give up sugar and alcohol. These things surely taste great, but do not do as much good as a cup of low fat or zero fat milk or fresh fruit juice with no sugar added.

### **Read Food Labels**

You will need to stuff your pantry with DASH food items before you begin. With this, you have to learn to figure out such items. Carefully inspect labels and make sure the ones you are buying are fresh, low in fat, sodium and calories. For instance, instead of buying a regular white loaf, pick whole grain bread instead. Instead of white rice, wild rice, red or

brown rice are more suitable.

## **No Deprivation**

With DASH, there is no need to go through starvation since you can become healthy and lose weight while eating delicious foods. Go on with the usual 3 full meals a day and 2 or more snacks in between. This is the beautiful thing with this diet. Lose weight and live a healthier life with DASH.

## **Load Up With Fruits and Vegetables**

The regular serving of vegetable and fruits in the diet is only about half a cup. To make the DASH diet work, it is ideal to double the serving. So, instead of half, make it a whole. Berries are excellent choices and for vegetables, choose fresh as much as possible through frozen vegetables are allowed. Most grocery stores have salad bars and sells bagged ready to consume vegetables taking away the burden from you. There is no excuse not to eat veggies and fruits with such conveniences.

## **Other Protein Sources**

Be wise when choosing foods to supply your body with the necessary protein. As much as possible, red meat should be limited. Eat more lean meat like fish and poultry. Also, there are loads of excellent and healthy protein sources out there like tofu, soy milk, nuts and seeds. These could help you feel fuller while maintaining your health and shrinking your waistline.

## **When Milk Cannot Be Avoided**

Certainly, milk is a real treat. You use it in your smoothies, cooking, your morning coffee etc. It is not a crime to consume milk under the DASH diet. Just make sure that you use the skim or low fat variety and there will be no problem with that.

## **Avoid Junk**

One of the goals of DASH diet is to instill healthy eating habits that could be carried



throughout a lifetime. So, learn how to trash the junk. In this case, junk means anything processed, packaged, heavily salted, caffeinated, sugared and bombarded with preservatives. So, limit or forget about those packaged chips, soda, packaged sweets in the grocery store. But don't get so disheartened, you may still eat those, but as a "treat". Junk should not be a part of your everyday meals.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you gain more information about the highly feasible DASH diet for weight loss – what the program is all about, the basic dietary guidelines, easy to do recipes for all meals of the day including snacks and desserts.

Struggling about heart health and excessive fats is such a hard thing. With this revolutionary diet program, your worries may be gone in a jiffy. The DASH 14 day program is definitely a fabulous way to kick- start a change in lifestyle and eating patterns.

The next step is to adopt the knowledge gained in this book to go on the DASH program. The recipes presented in this guide are easy to prepare, healthy, low in cholesterol and calories. Embark on this new challenge of changing the way you eat and live!

Go DASH and be happy and healthy!

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

## **The 14 Day Mediterranean Diet Cookbook**

***The Complete Mediterranean Diet For Beginners***

***Bonus Info On My Favourite Diet***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “*Mediterranean Diet: The 14-Day Mediterranean Diet Cookbook*”.

This book contains mouth-watering, easy-to-make recipes that are part of the healthy Mediterranean diet.

If you are interested in discovering why the Mediterranean diet is worth it, do not hesitate to read this book until the very last chapter. You will have the opportunity to find out valuable information about the health benefits of this diet, learning how to apply it for a healthy lifestyle and also to save time in the kitchen.

This book can be used as your faithful guide to the Mediterranean diet, providing you with recipes classified according to the three main meals of the day, meaning breakfast, lunch and dinner. It also contains a special chapter dedicated to desserts, so that you can satisfy your sweet tooth as well.

Thanks again for downloading this book, I hope you enjoy it!

## **Chapter 1: The Mediterranean Diet: A Healthy Alternative**

Studies have demonstrated that the people living in the Mediterranean area have one of the highest living expectancies. This is clearly related to their diet, considered to be a healthy alternative to the modern western diet. There are numerous health benefits that come with choosing the Mediterranean diet, starting with the fact that both the risks of cancer and heart disease are going to be reduced. Moreover, by switching to this diet, one is protected against the appearance of neurodegenerative conditions, such as Parkinson's or Alzheimer's disease.

The Mediterranean diet pyramid has physical activity and cooking with other people at its basis. Fresh fruits and vegetables are part of every meal, as well as olive oil and whole grains. Fish and other seafood are recommended to be eaten at least twice per week, while dairy products and wine should be consumed in moderate quantities. Red meat and sweets are at the top of pyramid, which means that they should be consumed less often.

In the situation that you have decided to try out this diet, you will have to get accustomed to fresh fruits and vegetables, whole grains, legumes and nuts representing your basic foods. Butter should be replaced with the healthier olive oil, while herbs and spices are going to be used to add flavor to the prepared meals (as opposed to salt). Bread is an integrate part of the Mediterranean diet but only the one that is made from whole grains. Often times, it is eaten dipped in olive oil, being just taken out of the oven.

Different nuts are consumed as part of the Mediterranean diet, as they contain healthy fats. However, these are recommended to be eaten in moderation. As you will have the opportunity to see for yourself, the purpose is not to eliminate fats altogether but rather to integrate the ones that are healthier in the diet. For example, you will not see foods that contain saturated or trans fats in this diet.

Olive oil remains the primary source of healthy monosaturated fats, having a positive effect on the overall health. The regular consumption of olive oil has been shown to reduce the levels of bad LDL cholesterol; moreover, the extra-virgin olive oil, which is the least processed, contains a high quantity of healthy antioxidants (cancer protection).

Canola oil is also consumed as part of this diet, as it contains healthy omega-3 fatty acids, such as the linolenic acid (also found in nuts). By consuming such types of oil, you will enjoy a lower level of triglycerides, plus reduce the risk of blood clots. Omega-3 fatty acids are known to protect against heart disease, they make the blood vessels stronger and they keep the blood pressure under control. These healthy acids are also found in certain types of fish, often eaten as part of the Mediterranean diet (trout, sardines, mackerel, herring, salmon, tuna etc.).

Dairy products, such as eggs, cheese or yoghurt, are part of the healthy Mediterranean diet. However, just as with poultry, it is recommended that they are consumed in moderate portions. As for red meat and sweets, these, as it was said, are the top of the pyramid, which means that they should be consumed the least often.

When it comes to the beverages that are part of the Mediterranean diet, the moderate consumption of wine (red wine in particular) is encouraged, as it has been shown to reduce the risk of heart disease. For women, the recommended daily amount is of one glass, while gentlemen can enjoy two glasses per day. Water is a basic beverage of this diet and it is recommended to be consumed throughout the entire day.

It is important to understand that the Mediterranean diet is not only about the food but rather about a change in the way you see life. Food is to be enjoyed and prepared together with the loved ones, as this constant interaction ensures a longer and healthier life. Moreover, physical activity matters just as much as keeping a healthy diet and you should always look for opportunities to be more active.

If you have always wanted to lose weight, you should consider trying out this particular diet. Not only it will help you lose weight but it will also guarantee the desired weight management. This diet can help you fight various chronic disease and reduce the risk of asthma attacks. It protects you against serious conditions, such as diabetes or depression. Plus, it will guarantee that you give birth to a healthier and stronger baby.

The Mediterranean diet is not complicated and quite enjoyable. Just imagine the fresh taste and delicious flavor of the veggies and fruits that you are going to consume on a regular basis. It will definitely force you to change the way you think about meat, as it encourages it to be consumed in smaller amounts. On the other hand, it will stimulate your appetite for seafood, such as mussels, oysters or clams, especially when you will find out that they deliver health benefits for both the heart and the brain.

There are simple steps that you can take in order to get accustomed to this new diet. For example, you can start cooking a complete vegetarian meal, once or twice per week. You have a wide range of vegetables to choose from, not to mention beans and whole grains. Plus, the Mediterranean meals are quite flavorful, due to the wide range of herbs and spices that can be used.

Switching to whole grains is also recommended, as these have many health benefits to offer. They contain a lot of nutrients, plus they are rich in fiber, which means that they ensure a sensation of satiety for a prolonged period of time. Among the recommended whole grains, you will find different types of rice, bulgur, faro and barley. Plus, the wholegrain flour can be used for the making of various dishes, ensuring the same health benefits.

When it comes to dessert, this might take some getting used to but, on the long run, it will do you good. Leave the sweets for special occasions and consume fresh fruit for dessert. There are many delicious fruits to choose from, such as figs, pomegranates, apples or grapes, delivering healthy vitamins and nutrients.

## **Chapter 2: Food List For The 14-Day Meal Plan**



If you are going to try out the Mediterranean diet for two weeks, you might as well organize your shopping list. In this chapter, we have included a number of recommendations regarding each food category. In this way, it will be easier to organize your shopping list and start your Mediterranean food adventure.

### *Fruits*

Apples are highly recommended, as they contain healthy antioxidants and they are rich in fiber. Avocado is widely used, being a good source of fats and vitamin E. Bananas can lower your blood pressure, plus they are rich in fiber and potassium. Blueberries are best purchased when in season, being recommended for their antioxidant properties. Other fruits that are part of the Mediterranean diet: cantaloupe, cherries, grapes, kiwi, citrus fruits, peaches, pears, pineapple, pomegranate, strawberries and watermelon.

### *Dried fruits*

Dried fruits are often part of the Mediterranean diet but they are consumed in moderation, as they have a high caloric content. All of them are rich in fiber and they have antioxidant properties. Among the recommended choices, there are: apples, apricots, dates, figs, prunes and raisins. Dried figs are also rich in calcium and they can lower the blood pressure. Raisins can substitute sugar and they are rich in iron.

### *Grains*

The consumption of barley boosts the metabolism and lowers the cholesterol level. Brown rice is recommended, as it has anti-inflammatory properties and it is rich in fiber. Oatmeal is the perfect choice for breakfast, being rich in calcium and stimulating the metabolism. Quinoa is a rich protein source, plus it has antioxidant properties. Other recommended grains include: buckwheat, bulgur, couscous, millet, muesli and spelt. Pasta can also be

consumed, as long as it is “ al dente ” .

### *Seafood*

Seafood is often included in the Mediterranean diet, being consumed fresh. This is a rich source in healthy omega-3 fatty acids, plus it delivers many vitamins and minerals. Because of these positive properties, they can be used to fight chronic disease. Among the most recommended seafood, you can find: salmon, shrimp, cod, scallops, clams, tuna and crab.

### *Healthy oils and fats*

Many of the salads and dishes that are prepared as part of this diet are made with healthy oils, delivering a good source of fats. If you want to ensure that their quality remains the same, you should consider storing them in a cool place. Among the recommended oils, there are: extra-virgin olive oil, avocado oil, canola oil and grape seed oil.

### *Herbs and spices*

In many Mediterranean dishes, the herbs and spices are used instead of salt, in order to add flavor and taste. Another advantage of using herbs and spices is that you do not require additional fat for the respective dish. Among the recommended herbs and spices, there are: garlic, basil, cilantro, parsley, mint, cumin, coriander and oregano.

### *Beans*

The Mediterranean diet has numerous recipes with beans, as these deliver a good source of proteins and fiber. It is recommended that beans replace your red meat meal, at least once per week. Among the indicated beans, there are: chickpeas, hummus, white beans, black beans, pinto beans and lentils.

### *Dairy products*

Dairy products are recommended to be consumed in moderate quantities, as they have a high caloric intake. Among the indicated products to be added to the diet, there are: low-fat milk, yoghurt, cheese of various sorts and eggs.

### *Nuts and seeds*

Different nuts and seeds are included in Mediterranean dishes, whether we are talking about main courses or desserts. They deliver a good source of protein, fiber and healthy fats. However, they should be consumed in moderate quantities, due to the high caloric intake. Among the recommended nuts and seeds, there are: walnuts, almonds, peanuts, pine nuts, cashews, sunflower seeds and flax.

### *Vegetables*

Fresh veggies are found in the majority of the Mediterranean dishes, helping one to keep the weight under control. Moreover, they represent a good source of vitamins and minerals. Among the recommended vegetables, there are: tomatoes (fresh, canned and sauce), broccoli, spinach, bell peppers (red, green), mushrooms, green beans, eggplant, zucchini, squash, olives, onions and peas.

These are the basic foods that you need for the 14-day Mediterranean diet adventure. In the chapters that follow, you will discover a number of recipes recommended for the three

main meals of the day. Each of these recipes is presented with the total time, number of servings and ingredients, so that you are prepared. Enjoy making them and do not hesitate to share your cooking adventure with friends and family, because this is what life is all about!

## **Chapter 3 : Mediterranean Breakfast Recipes**

The Mediterranean breakfast is light, yet savory and filling. In this chapter, you will find several breakfast suggestions, recommended for a great start in the day. Be sure to try all of them out, enjoying their unique taste!

### **#1 Mediterranean breakfast sandwich**

Made for: 4 servings

Total time: 25 min.

Ingredients: multigrain sandwich thins (4), olive oil (4 tbsp.), fresh rosemary (1 tbsp.), eggs (4), baby spinach leaves (2 cups), tomatoes (1), feta cheese (4 tbsp.), kosher salt (1/8 tsp.), ground black pepper (to taste)

How to prepare:

Start by pre-heating the oven at 375°F. Cut the sandwich thins and brush them with olive oil. Then, toast them in the oven for about five minutes or until they turn a lovely gold-brown. Cook the eggs with olive oil and fresh rosemary, into a skillet, over medium heat. Place the bottom half of the toasted sandwich thin onto a plate. Add the baby spinach leaves, tomato slices, one egg and feta cheese. Season with salt and pepper. Add the upper half of the sandwich thin on top. Serve and enjoy!

## **#2 Egg-white breakfast sandwich with roasted tomatoes**

Made for: 4 servings

Total time: 30 min.

Ingredients: butter (1 tsp.), egg whites (1/4 cup), salt and pepper (to taste), fresh herbs – parsley, basil, rosemary (1 tsp.), wholegrain ciabatta roll (1), pesto (1 tbsp.), Monterey Jack cheese (1-2 slices), roasted tomatoes (1/2 cup); roasted tomatoes – grape tomatoes (10 oz.), extra virgin olive oil (1 tbsp.), kosher salt and ground black pepper (to taste).

How to prepare:

Start by cooking the egg whites with olive oil. Season with salt and pepper, then add the above-mentioned fresh herbs. Toast the ciabatta in the toaster or oven. Spread pesto over the ciabatta once it is toasted. Place on egg white on the ciabatta bottom half and add cheese. Add the roasted tomatoes and the upper half of the roll. The roasted tomatoes can be made in the oven, with olive oil, salt and black pepper. Serve and enjoy!

### **#3 Breakfast couscous**

Made for: 4 servings

Total time: 25 min.

Ingredients: low-fat milk (3 cups), cinnamon sticks (1), whole wheat couscous (1 cup), dried apricot (1/2 cup), dried currants (1/2 cup), dark brown sugar (6 tsp.), salt (1/4 tsp.), butter (4 tbsp.)

How to prepare:

Start by heating the milk together with the cinnamon stick into a pan, over medium heat. Do not boil the milk, only heat it for about three minutes. Once you have removed it from the heat, add the following ingredients: whole wheat couscous, dried apricots and currants, four teaspoons of the brown sugar and salt. Make sure that you cover the mixture and let it for a quarter of an hour. After removing the cinnamon stick, divide the mixture into serving bowls. Top them off with melted butter and brown sugar. Serve and enjoy!

## **#4 Egg scramble with feta cheese**

Made for: 4 servings

Total time: 35 min.

Ingredients: eggs (6), light sour cream (1/4 cup), kosher salt (1/4 tsp.), ground black pepper (to taste), garlic powder (1/4 tsp.), basil (1/2 tsp.), oregano (1/2 tsp.), feta cheese (3/4 cup), roasted red peppers (2 tbsp.), green onions (2 tbsp.), flour tortillas (4)

How to prepare:

Start by mixing the eggs together with the sour cream, kosher salt, ground black pepper, garlic powder, basil and oregano. Add them into a pan and cook evenly. Then, add the roasted red peppers and green onions. When done, place them on a flour tortilla, adding crumbled feta cheese. Roll the tortilla, serve and enjoy!



## **#5 Greek yoghurt parfait**

Made for: 8 servings

Total time: 1 hour

Ingredients: uncooked grano (1 cup), water (12 cups), orange blossom honey (1/4 cup), kosher salt (1/4 tsp.), Greek yoghurt (4 cups), fresh berries (2 cups)

How to prepare:

The grano should be soaked in water overnight. In the morning, drain it and add it into a pan with water, making sure that the whole mixture comes to a boil. Then, reduce the heat and let the grano simmer for about twenty minutes. Drain, adding the orange blossom honey and salt. Allow to cool before using. Take a parfait glass and add the first layer of Greek yoghurt. Then, add the grano and the fresh berries. Repeat the layers, until the glass is full. Serve and enjoy!

## **Chapter 4 : Mediterranean Lunch Recipes**

The Mediterranean diet is worldwide recognized for its healthy ingredients, including some of the most incredible recipe ideas for lunch. The great thing is that, for the making of these recipes, not many ingredients are required but the final taste is amazing. Let's check out some of the most popular recipes for lunch!

### **#1 Pasta with shrimp, lemon and basil**

Made for: 4 servings

Total time: 15 min.

Ingredients: water (3 quarts), spaghetti (8 oz.), shrimp (1 pound), fresh basil (1/4 cup), capers (3 tbsp.), extra-virgin olive oil (2 tbsp.), fresh lemon juice (2 tbsp.), salt (1/2 tsp.), baby spinach (2 cups)

How to prepare:

Start by boiling the water. Once the water has reached the boiling point, add the spaghetti and cook for about eight minutes. Then, add the shrimp into the pan, cooking it for about three minutes (by now, the paste should be al dente). Drain and place the mixture into a large bowl. Add the fresh basil, drained capers, extra virgin olive oil and lemon juice. Use the baby spinach as serving bed. Add the pasta mixture on top of this bed, serve and enjoy!

### **#2 Chicken souvlaki**

Made for: 4 servings

Total time: 15 min.

Ingredients: feta cheese (1/2 cup), Greek yoghurt (1/2 cup), fresh dill (1 tbsp.), extra virgin olive oil (1 tbsp.), minced garlic (1 ¼ tsp.), dried oregano (1/2 tsp.), chicken breast (2

cups), pita bread (4), iceberg lettuce (1 cup), cucumber (1/2 cup), plum tomato (1/2 cup), red onion (1/4 cup)

How to prepare:

Start by crumbling the feta cheese and combining it with the following ingredients: Greek yoghurt, dill, extra virgin olive oil and minced garlic. Make sure that the ingredients are well-mixed. Then, take a pan and sauté the garlic and the oregano in olive oil. Add the sliced chicken breast and cook for another two minutes. Cut the pita bread into halves. Place the cooked chicken breast on the pita bread, add the yoghurt mixture, then shredded lettuce, cucumber and tomatoes. Serve and enjoy!

### **#3 Mediterranean tuna salad**

Made for: 5 servings

Total time: 15 min.

Ingredients: vegetable juice (1/2 cup), horseradish mustard (4 tbsp.), tuna (12 oz.), roasted red peppers (2/3 cup), chopped celery (1/2 cup), chopped parsley (4 tbsp.), pitted Kalamata olives (2 tbsp.)

How to prepare:

Start by preparing the dressing for the salad. Combine the vegetable juice together with the horseradish mustard and set aside. Drain the tuna well and add it into a bowl. Then, add the chopped roasted red peppers, the celery, parsley and pitted Kalamata olives. Toss well to combine. Add the dressing to the salad and mix once more, until all the ingredients are evenly coated. Refrigerate before serving. Enjoy!

## **#4 Stuffed tomatoes**

Made for: 4 servings

Total time: 25 min.

Ingredients: tomatoes (2), garlic croutons (1/2 cup), crumbled goat cheese (1/4 cup), pitted Kalamata olives (1/4 cup), vinaigrette (2 tbsp.), fresh thyme or basil (2 tbsp.)

How to prepare:

Start by pre-heating the broiler. Then, take the tomatoes and cut them into halves (crosswise). Take out the pulp of the tomatoes, keeping the shells. Make sure to chop the tomato pulp and set it aside. Take a bowl and mix the following ingredients together: garlic croutons, crumbled goat cheese, pitted Kalamata olives. Add the tomato pulp to the mixture, followed by the vinaigrette dressing and fresh thyme/basil. Broil the tomatoes for about five minutes. Serve and enjoy!

## **#5 Mediterranean lunch bowl**

Made for: 2 servings

Total time: 25 min.

Ingredients: chicken breast (8 oz.), fresh rosemary sprigs (2), fresh oregano sprigs (2), capers (1 tbsp.), lemon (1), orzo pasta (1/2 cup), fresh spinach (3 cups), roasted red peppers (1-2), marinated artichoke hearts (2-3), assorted olives (5), olive oil (1 tbsp.), salt and pepper (to taste)

How to prepare:

Start by coating the chicken breast with rosemary, oregano and lemon juice. Grill the breast for about ten minutes over medium heat, on both sides, until it is cooked through. Remove from the heat and let it sit for another ten minutes. Prepare the orzo pasta according to the instructions that are present on the package. When done, drain the orzo pasta and drizzle olive oil over them. Then, season with salt and pepper. Take a bowl and add the following ingredients into it: fresh spinach, orzo pasta, sliced chicken breast, roasted red peppers, artichoke hearts and assorted olives. Prepare a dressing by mixing olive oil with fresh lemon juice and the natural juices from the roasted red peppers, artichoke hearts and assorted olives.

## **Chapter 5 : Mediterranean Dinner Recipes**

If you were to travel in the Mediterranean area, you would discover that dinner meals are light and often made with flavorful ingredients. This chapter includes a number of Mediterranean dinner recipes, so that you can try your very own cooking experience at home.

### **#1 Mediterranean chicken pasta**

Made for: 4 servings

Total time: 30 min.

Ingredients: rotini pasta (2 and ½ cups), oil (1 tbsp.), chicken sausage (3), frozen sweet peas (1 and ¼ cups), basil pesto (¾ cup), shredded Italian cheese blend (1 cup), tomato (1)

How to prepare:

Start by cooking the pasta according to the instruction that are present on the package. Once cooked, drain and rinse them with cold water. Cut the chicken sausage into thin slices and cook it, until it turns a lovely golden-brown color. Add in the pasta, frozen sweet peas and pesto. Cook for another five minutes, making sure to stir from time to time. Add the shredded Italian cheese blend and the chopped tomato on top. Cook for another three minutes, so that the cheese melts to perfection. Serve and enjoy!

### **#2 Layered Greek salad**

Made for: 8 servings

Total time: 25 min.

Ingredients: dressing - frozen spinach (9 oz.), Greek yoghurt (5.3 oz.), skim milk (2/3 cup), mayonnaise (1/4 cup), lemon-pepper (1 tsp.), dried dill (3/4 tsp.); salad – salad greens (8 cups), chicken breast (2 cups), cherry tomatoes (1 pint), cucumber (1), red onion (1/2), crumbled feta cheese (3/4 cup), pitted Kalamata olives (1/4 cup)

How to prepare:

Start by cooking the spinach according to the instructions on the package. Rinse with cold water and drain well, then place it in a food processor, together with the other ingredients for the dressing (Greek yoghurt, skim milk, mayonnaise, lemon-pepper, dried dill). Process until you obtain a smooth dressing and set aside. Take a large salad bowl and place the first layer of salad greens. Then, form another layer of chicken cubes, followed by tomatoes and cucumbers. Repeat the layers, until all of the ingredients have been used, topping it off with onions, cucumbers and remaining salad greens. Pour the dressing over the salad. Then, add the crumbled feta cheese, the Kalamata olives and the remaining onions. Serve and enjoy!

### **#3 Turkey burgers with minted and cucumber sauce**

Made for: 5 servings

Total time: 50 min. (20 min. prep, 30 min. cooking)

Ingredients: cucumber sauce – plain yoghurt (1/2 cup), cucumber (1/2 cup), fresh mint (2 tsp.), lemon juice (1 tsp.); burgers – frozen chopped spinach (9 oz.), ground turkey (1 and ¼ lb.), plain yoghurt (1/4 cup), dried oregano (1 tsp.), garlic salt (1/2 tsp.), pepper (1/4 tsp.), tomato (1), pita bread (5)

How to prepare:

Start by mixing the ingredients for the cucumber sauce. When done, refrigerate. Cook the spinach according to the instructions that are present on package. When done, squeeze it to remove the excess water. Take another bowl and mix the spinach together with the ground turkey, yogurt, oregano, garlic salt and pepper. Then, form the mixture into



burgers. Broil the burger patties until they turn a lovely golden-brown color. Cut the pita bread into halves and place tomato slices on them and add the burgers. Add the cucumber sauce, serve and enjoy!

## **#4 Pork tenderloin with roasted sweet potatoes**

Made for: 3 servings

Total time: 50 min. (15 min. prep, 35 min. cooking)

Ingredients: vegetables – olive oil (1 tbsp.), Italian seasoning (1 tsp.), salt (1/4 tsp.), garlic clove (1), sweet potatoes (2), yellow onion (1); pork – tenderloin (1 lb.), olive oil (1/2 tbsp.), Italian seasoning (1 tsp.), seasoned salt (1/4 tsp.), Parmesan cheese (1 tbsp.), fresh parsley (1 tbsp.)

How to prepare:

Start by pre-heating the oven at 425°F. Then, mix one tablespoon of oil with the Italian seasoning, salt and garlic. Cut the sweet potatoes into chunks and chop the onions. Mix the sweet potatoes and onions with the oil and spices. Roast them in the oven for about ten minutes. Brush the tenderloins with half of an oil tablespoon. Take a small bowl and mix Italian seasoning, with seasoned salt and Parmesan cheese. Coat the tenderloins with the mixture and roast them in the oven for twenty minutes. When done, cut them into slices and serve them with sweet potatoes and onions. Garnish with parsley, serve and enjoy!

## #5 Spinach parmesan pie

Made for: 6 servings

Total time: 58 min. (15 min. prep, 43 min. cooking)

Ingredients: butter (1 tbsp.), green onions (4), garlic cloves (2), frozen chopped spinach (10 oz.), cottage cheese (1/2 cup), baking mix (1/2 cup), milk (1 cup), lemon juice (1 tsp.), pepper (1/4 tsp.), eggs (3), parmesan cheese (3 tbsp.), ground nutmeg (1/4 tsp.)

How to prepare:

Start by pre-heating the oven at 350°F. Chop the green onions and garlic cloves and cook them in a skillet, in butter, over medium heat. Then, add the spinach and spread the mixture over the pie plate. Add cottage cheese. In another bowl, add the following ingredients: baking mix, milk, lemon juice, pepper and eggs. Add the mixture to the pie plate. Then, add some more parmesan cheese and ground nutmeg. Bake for about thirty-five minutes. Allow to cool before serving. Garnish with sliced green onions, serve and enjoy!

## **Chapter 6 : Mediterranean Dessert Recipes**

Even though people in the Mediterranean area often serve fruits for dessert, this does not mean they do not prepare delicious dessert recipes from time to time. In this chapter, you will find several suggestions, prepared with healthy ingredients.

### **#1 Almond cookies**

Made: 80 pieces

Total time: 45 min.

Ingredients: caster sugar (1 cup), butter (1/2 kg), blanched almonds (1 kg), flour (700 g), egg yolk (1), cognac (1/2 cup), soda (1 tsp.); you will also need a little bit of butter for the pan and some caster sugar to sprinkle on the cookies

How to prepare:

Start by pre-heating the oven at 180°C. Then, mix the melted butter together with the caster sugar, egg yolk, flour, soda, blanched almonds and cognac. Once the batter is ready, form into small balls, making a dent in their center. Butter the pan and bake the cookies until they turn a lovely golden-brown color. When they are done, sprinkle caster sugar on them. Allow to cool off and then sprinkle a second layer of caster sugar. Serve and enjoy!

## #2 Pumpkin Greek yogurt parfait

Made for: 6 servings

Total time: 10 servings

Ingredients: pumpkin puree (15 oz.), low-fat Greek yoghurt (1 and  $\frac{1}{4}$  cup), mascarpone cheese (3-4 tbsp.), vanilla extract (1 tsp.), molasses (2 tbsp.), brown sugar (2 and  $\frac{1}{2}$  tbsp.), ground cinnamon (2 tsp.), nutmeg (1 pinch), chocolate chips (garnish), chopped hazelnuts/walnuts (garnish)

How to prepare:

Start by mixing the pumpkin puree, in a large bowl, together with the following ingredients: Greek yoghurt, mascarpone cheese, vanilla extract, molasses, brown sugar, ground cinnamon and nutmeg. Mix everything well, until you obtain a smooth texture. Refrigerate the mixture for a short period of time. Then, place the mixture into individual parfait glasses. Top them off with molasses, chocolate chips and chopped hazelnuts or walnuts. Serve and enjoy!

### **#3 Cherry tart**

Made for: 6-8 servings

Total time: 1 h 20 min.

Ingredients: plain flour (8 oz.), salt (1 pinch), icing sugar (2 tsp.), corn flour (1 oz.), lard (4 oz.), margarine (2 oz.), egg yolk (1), cold water (2 tbsp.)

How to prepare:

Start by pre-heating the oven at 400°F. Take a bowl and mix the plain flour, together with the salt, corn flour and icing sugar. Mix the lard with the margarine, add it to the above mentioned mixture. Then, add the egg yolk and cold water to the mixture, so as to form the dough. Roll out the dough and spread it in a pie dish, which was previously greased. Bake it for a quarter of an hour, then remove it from the oven. Arrange the cherries in the pie shell. Mix the sugar with the eggs, almonds and almond essence, spreading them over the cherries. Bake for another hour or until it turns a golden color. Serve and enjoy!

## **#4 Orange-spice fruit compote**

Made for: 6 servings

Total time: 45 min. (+6 hours for cooling)

Ingredients: fresh rosemary sprig (1), orange peel (to taste), whole black peppercorns (1 tsp.), orange juice (3 cups), dried apricots (2 cups), dried tart cherries (3/4 cup), golden raisins (3/4 cup), dry white wine (3/4 cup), sugar (3/4 cup)

How to prepare:

Start by organizing the spice bouquet with the help of a moistened cheesecloth. Gather the rosemary sprig, the orange peel and the peppercorns for this bouquet. Take a large saucepan and add the remaining ingredients. Wait until the whole mixture comes to a boil. Then, reduce the heat and let it simmer for about thirty-five minutes. Allow to cool down before serving. Remove the spice bouquet, serve and enjoy!

## #5 Pumpkin pie

Made for: 6 servings

Total time: 1 h (30 min. prep, 30 min. cooking)

Ingredients: pumpkin puree (15 oz.), white sugar (3/4 cup), raisins (1 cup), fine semolina (1 cup), ground cinnamon (1/2 tsp.), ground cloves (1/4 tsp.), ground nutmeg (1/8), frozen puff pastry (2 sheets), egg (1)

How to prepare:

Start by pre-heating the oven at 350°F. Then, grease a baking sheet. Place the pumpkin puree into a skillet and heat it. Once it has become thick, you can add the following ingredients: white sugar, raisins, semolina, ground cinnamon, ground cloves and nutmeg. Mix the ingredients well together and remove from the heat. Take one puff pastry sheet and place it on the pre-greased baking sheet. Then spread the pumpkin mixture, so that it covers the entire surface. Place the other puff pastry sheet on top of the mixture. Then, beat one egg and brush this surface, as it will guarantee a lovely golden color when in the oven. Bake for about thirty or forty minutes. Allow to cool down before serving. Enjoy!



## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to lose weight and re-establish your body balance.

The next step is to maintain the healthy choice you have taken and find joy in your life all over again.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

# **The 14 Day Ketogenic Diet Plan**

## ***The Ketogenic Diet For Beginners Cookbook***

*Bonus Info On My Favourite Diet*

*Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)*

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## Introduction

I want to thank you and congratulate you for downloading the book, “ *The 14 Day Ketogenic Diet Plan: The Ketogenic Diet For Beginners Cookbook* ” . This book will teach you how to enjoy this life-changing and hugely popular diet, that has helped people all over the world to lose an impressive amount of weight.

This book contains proven steps and strategies on how to :

Cook some great meals from scratch

Work out what you can and can't eat

Lose weight while eating the foods that you love

Eat a wide variety of foods that other diets tell you to avoid

Have a lot more energy than you're used to

And so much more!

You don't have to limit your intake of tasty foods, if you want to lose weight. The Ketogenic diet is *the* diet that will ensure the weight stays off, while you enjoy a wide range of meals that you wouldn't ordinarily think you could eat.

Let this book guide you through your 14 day Ketogenic diet plan, and onto sustainable weight loss, that won't leave you feeling hungry. Watch the weight fall off, and stay off.

Thanks again for downloading this book, I hope you enjoy it!

## **Chapter 1: The Benefits of a Ketogenic Diet**

The Ketogenic diet is becoming increasingly popular, thanks to the results that participants achieve. Because it limits the amount of carbohydrates that are consumed, weight is lost and the body ends up burning more energy than is taken in.

There are many diets out there that are unsustainable, and quite frankly unhealthy. These diets often severely limit the types of food that you consume, and it's this that can lead to health issues.

When you start the Ketogenic diet, you will be limiting your carb intake, but you will be upping the amount of protein that you consume. This is great because it means that your body will start to burn fat, and you won't be left feeling hungry.

### **Easy to stick to:**

The beauty of the Ketogenic diet is that it's very easy to stick to. You will no doubt enjoy eating a lot of tasty meals, while also losing weight. It seems odd that you can eat bacon, cheese and other food stuffs in abundance, while watching the weight drop off. The fact of the matter is that this diet works, and it works well,

### **How to lose fat on the Ketogenic diet:**

When you begin your Ketogenic journey, you will be consuming foods that don't contain many carbohydrates. When you consume carbohydrates, your body burns the energy that they produce first, and then it will look to burn any fat that you're carrying.

As you won't be consuming many carbs, your body will burn fat first and foremost, which means that you will start to lose weight. Any excess belly fat that you have will be burned first, which is likely to result in you feeling a lot more confident about the way that you look.

You'll also start to feel more energetic too, and you could potentially change your life for the better.

## **Chapter 2 : Starting the Ketogenic Diet Plan**

I know from my own experience that starting any diet is not as easy as you would hope, but there are some tips below that will help make things a little bit easier.

Please don't start the Ketogenic diet assuming that it will be a breeze, it may be a little tougher than you think, but don't worry, you will get there.

### **Making mistakes**

It's not always easy to start a new diet, and the ketogenic diet can be a hard one to get used to. This is because you are asked to stay away from carbohydrates and any kind of sugars. You may occasionally make a mistake and eat more sugars than you realize, but try not to get too downhearted about it. The more you partake in this diet plan, the more used you will become to eating foods that contain very little, or no carbohydrates at all.

### **Find out where you can source your ingredients**

A lot of the ingredients that you'll need to source in order to cook the recipes in this book are available from most stores. This is the beauty of this diet, it doesn't ask you to eat anything that's hard to get a hold of.

I know that some recipes do ask you to use a milk alternative (Such as soy or almond milk, and occasionally coconut milk), but they are usually available in a wide range of stores. If your local grocery store does not sell milk alternatives, then you may want to visit a health food store, as they are likely to sell them. If you're still stuck, then turn to the internet as there are a lot of websites that sell milk alternatives for a reasonable price.

### **Start the plan with a friend**

If you wish, you may want to start the plan with a friend. This is because it's easier than doing it alone. Starting the plan with a friend will be so much easier, as it will allow you to get recipe ideas, and work on your motivation too.

That being said, you do not have to start the plan with a friend if you wish, you may want to go it alone. If you choose to do this, you should do your best to stay motivated,



especially when you find that things are tough going.

## **Key foods/Ingredients**

### Meat and cheese

Throughout the Ketogenic diet plan, you will be asked to eat a lot of meat and cheese. This is because meat is a good source of protein, but you need to stay away from processed meats as these can contain hidden carbohydrates.

The great news is that meat can be enjoyed every single day, so please feel free to add even more of it to your diet, and enjoy it!

### Fish

Fish is also an excellent source of protein, as well as some very healthy oils. I must stress that you need to stay away from battered and breaded fish, as these will contain a lot of carbs. Try not to eat fish more than three times a week as it is known to contain a lot of mercury.

### Dairy Products

I know it's hard to stay away from dairy products all together, but there are some good and very tasty alternatives. I know these have been processed to a degree, but they ensure that you get the calcium you need, along with other very beneficial nutrients.

### Fruits and vegetables

Many people assume that you cannot eat fruits and vegetables as part of the Ketogenic diet. This is a complete misunderstanding, as you will need to consume these foods in order to gain energy. Fruits and vegetables contain sugars, and as you're not going to be eating carbs, you'll need to get your energy from somewhere. Make sure you only eat fruits and vegetables that are low in sugar, so that you don't end up putting weight on.

## Dressings

Let's face it, we all love to add dressings to our meals from time to time. While this is perfectly acceptable as part of the Ketogenic diet, you should make sure that you don't overdo it with the carbs. The good news is that oil based dressings and mayonnaise is allowed on this diet, so eat away!

## **Chapter 3 : The Ketogenic Diet Plan (14 Day Guide)**

Below you will find a 14 day guide, which should help you to decide what you would like to eat. Please note that it's perfectly ok for you to come up with your own eating plan. The plan that you see below is merely a guide, and you may find that eating other foods is more preferable to your tastes.

### **Day One**

Breakfast: Cream Cheese Pancakes

Snack: Macadamia Nuts

Lunch: Chicken and Bacon Salad

Snack: Cheese Chips

Dinner: Baked Salmon

### **Day Two**

Breakfast: Strawberry and Cinnamon Cereal

Snack: Salmon and Cream Cheese

Lunch: Low Carb Meatloaf

Snack: Leftover Meat

Dinner: Chorizo and Cauliflower Soup

### **Day Three**

Breakfast: Bacon Bread

Snack: Cheese Chips

Lunch: Chicken Broth

Snack: Pork Rinds and Pesto

Dinner: Cheese and Onion Quiche

### **Day Four**

Breakfast: Lemon and Blueberry Muffins

Snack: Pork Rinds and Pesto

Lunch: Sausage Pizza

Snack: Macadamia nuts

Dinner: Swedish Meatballs

### **Day Five**

Breakfast: Spinach Omelet

Snack: Leftover Meat

Lunch: Whatever you wish

Snack: Macadamia Nuts

Dinner: Chicken Guadalajara

### **Day Six**

Breakfast: Bacon, Eggs and Broccoli

Snack: Macadamia nuts

Lunch: Chocolate Protein Shake

Snack: Cheese Chips

Dinner: Leftover Swedish Meatballs

### **Day Seven**

Breakfast: Ham, Turkey and Cheese Pancakes

Snack: Cheese Chips

Lunch: Last night's leftovers

Snack: Pork Rinds and Pesto

Dinner: Cheese and Onion Quiche

### **Day Eight**

Breakfast: Cream Cheese Pancakes

Snack: Macadamia Nuts

Lunch: Chicken and Bacon Salad

Snack: Leftover Meat

Dinner: Baked Salmon

### **Day Nine**

Breakfast: Strawberry and Cinnamon Cereal

Snack: Cheese Chips

Lunch: Sausage Pizza

Snack: Salmon and Cream Cheese

Dinner: Chocolate Protein Shake

## **Day Ten**

Breakfast: Bacon Bread

Snack: Leftover Meat

Lunch: Chicken Broth

Snack: Macadamia Nuts

Dinner: Swedish Meatballs

## **Day Eleven**

Breakfast: Lemon and Blueberry Muffins

Snack: Cheese Chips

Lunch: Low Carb Meatloaf

Snack: Pork Rinds and Pesto

Dinner: Chorizo and Cauliflower Soup

## **Day Twelve**

Breakfast: Spinach Omelet

Snack: Salmon and Cream Cheese

Lunch: Whatever you wish

Snack: Macadamia nuts

Dinner: Chicken Guadalajara

## **Day Thirteen**

Breakfast: Bacon, Eggs and Broccoli

Snack: Pork Rinds and Pesto

Lunch: Chocolate protein shake

Snack: Cheese Chips

Dinner: Leftover Swedish Meatballs

### **Day Fourteen**

Breakfast: Ham, Turkey and Cheese Pancakes

Snack: Salmon and Cream Cheese

Lunch: Last night's leftovers

Snack: Leftover Meat

Dinner: Cheese and Onion Quiche

As you can see, the Ketogenic diet is a varied one that contains a lot of delicious foods. If you would like to eat some of the meals that I have suggested, then please refer to the next few chapters as you will find the recipes there.

Don't be afraid to amend the recipes if you wish, but most of all, enjoy them.

## Chapter 4: Ketogenic Breakfast Recipes

Enjoy a delicious and nutritious breakfast every single morning. If you are a little short on time in the mornings, making your breakfast the night before could help a great deal.

### Cream Cheese Pancakes

Makes: 2

Ingredients:

2 eggs

1 teaspoon of Stevia

2-3 tablespoons of cream

Half a teaspoon of cinnamon

1 tablespoon of coconut flour

A small slice of butter

Maple syrup

Method:

Place all of the ingredients apart from the butter and maple syrup into a bowl, and stir until combined and smooth. Heat a pan or a skillet, and add the butter and melt on a medium to high heat. Cook on each side until they are golden brown.

Remove from the heat and serve with the maple syrup.





## **Strawberry and cinnamon cereal**

Makes: 2 bowls

### **Ingredients:**

530 grams of flaked coconut

2 strawberries

200ml of almond or soy milk

1 teaspoon of ground cinnamon

### **Method:**

Preheat the oven to 350 Fahrenheit, and line a cookie sheet. Add the coconut flakes, and cook for about 2 and a half minutes, then stir the flakes around a little, and cook for another 2 and a half minutes, or until the coconut is starting to turn a little brown.

Remove the coconut from the oven, and sprinkle with the cinnamon. If you would like to add sugar or a sugar substitute to the coconut, now is the best time to do it.

Spoon the coconut flakes into 2 bowls, add the strawberries, and the milk, and serve.

## **Bacon Bread**

Makes: 3

Ingredients:

1 package of bacon

3 eggs

100 grams of cheese, grated

Method:

Preheat your oven to 200 Fahrenheit, and slice your bacon down the middle, and then cut each slice in half. Now line a cookie pan, and place two slices of bacon next to each other, and then add two slices on top, with these slices facing the opposite direction. If you're feeling a little technical, you may want to think about weaving the bacon so it sticks together.

Cook the bacon for about 20-25 minutes, or until it's cooked to your satisfaction. Once it's cooked, remove the bacon from the oven, and place on a paper towel so some of the fat drains out. Allow to cool.

Fry the eggs until they are cooked as per your taste, and then set them to one side.

Take one of the layers of bacon, and set it down on a plate, then add one of the fried eggs, and top with some of the cheese. Add another layer of bacon on top to form a sandwich. Repeat this process until you have 3 sandwiches. Serve.

## **Lemon and Blueberry Muffins**

Makes: 8

### **Ingredients:**

114 grams of blueberries

A quarter of a teaspoon of lemon zest

A quarter of a teaspoon of lemon flavoring

120 grams of heavy cream

1 egg

100 grams of almond flour

A pinch of salt

A quarter of a teaspoon of baking soda

2 and a half sachets of sweetener

28 grams of melted butter

### **Method:**

Preheat the oven to 350 Fahrenheit, and line a muffin pan. Add the flour and cream to a bowl and stir, then add the egg and stir again, until everything is nicely combined.

Now add the sweetener, butter, lemon zest and flavoring and the baking soda, and stir. Stir in the blueberries, and then spoon the mixture into the muffin pan, and half fill each section.

Bake in the oven for about 20 minutes, or until the muffins are golden brown. Cool, and serve.

## Spinach Omelet

Makes: 1 large, or two small omelets

### Ingredients:

1 egg yolk

4 egg whites

A handful of chopped spinach

Half a tomato, chopped

2 tablespoons of soy or almond milk

A pinch of cilantro

A tablespoon of chopped onion

Spray oil

### Method:

Spray a pan with the oil, and then sauté the vegetables. Add the egg yolk, eggs whites and milk to a bowl and then beat.

When the vegetables are done, remove them from the pan, and place to one side. Spray the pan once more, and then add the egg mix.

Cook the eggs until they are cooked as per your tastes, and then spoon the vegetables onto one side of the egg. Fold the other side of the egg over the vegetables, and lift the omelet out of the pan really gently. Serve.

## **Bacon, Eggs and Broccoli**

Serves: 2

Ingredients:

4 eggs

8 bacon slices

A tablespoon of butter

80 grams of broccoli, chopped

1 carrot, thinly sliced

Half an onion, chopped

100 grams of grated cheese

50 grams of celery

Method:

Melt the butter in a pan or skillet, and then fry the bacon and vegetables, for about 20 minutes, or until the vegetables begin to caramelize.

Spread the mixture evenly on the base of the pan or skillet, and then cut into quarters. Make a hole in the middle of each quarter, and add the egg. Cook the egg until it's done as per your tastes, and top with cheese. Let the cheese melt, and then serve.

## **Ham, Turkey and Cheese Pancakes**

Makes: 4-5

Ingredients:

4 eggs

2 teaspoons of Stevia

4-6 tablespoons of cream

A teaspoon of cinnamon  
2 tablespoons of coconut flour  
4 slices of turkey  
200 grams of swiss cheese, grated  
4 slices of ham  
A slice of butter  
Maple syrup

#### Method:

Place the eggs, Stevia, cream, cinnamon, and coconut flour into a bowl, and stir until combined and smooth. Heat a pan or a skillet, and add the butter and melt on a medium to high heat. Cook on each side until they are golden brown.

Remove from the pancakes from the heat.

Take 1 slice of turkey and place it on a plate, now add a slice of ham on top of the turkey, and place on a pancake, repeat 3 more times. Add about 50 grams of the cheese on top of each of the pancakes, and then place on a medium to low heat, and then cover until the cheese has melted nicely. Serve.

## **Chapter 5 : Lunch Time Recipes**

These lunch time recipes can be boxed up and taken to work, or enjoyed at home. Eat any leftovers in the next few days so you enjoy them at their freshest.

### **Chicken and bacon salad**

Serves: 4

Ingredients:

1 uncooked and chopped chicken breast

4 tablespoons of butter

5 slices of bacon

1 tomato, chopped

Half a teaspoon of salt

2 teaspoons of steak seasoning

2 teaspoons of lemon juice

1 egg yolk

56 grams of grated cheese

56 grams of mayonnaise

Method:

Take the steak seasoning, and sprinkle it onto the chicken, and then sauté the chicken on a medium to high heat, along with the butter. Sauté until the chicken is cooked through.

Now cut the bacon into strips, and sauté until it's crispy, and then drain off the grease. Add the remaining ingredients, sauté for a few minutes, and remove. Now add the chicken and bacon to a plate, pour on the rest of the ingredients, and serve.



## **Sausage Pizza**

Makes: 1

Ingredients:

3 eggs

200 grams of grated cheese

2 teaspoons of Italian seasoning

1 tablespoon of olive oil

1 cauliflower head, chopped

2 tablespoons of butter

42 grams of chopped onion

60 ml of water

200 grams of grated mozzarella

60 grams of grated Parmesan

1 teaspoon of fennel seed

500 grams of sausage

A jar of low-carb pizza sauce

### Method:

To make the crust:

Preheat the oven to 450 Fahrenheit, and line or grease a cookie sheet. Melt the butter in a skillet or pan, and then add the cauliflower and onion. Sauté on a low heat until the cauliflower is cooked.

Add the water to the pan, and then cover and steam the cauliflower until it's soft. Now transfer the cauliflower to a bowl to cool. Place the sausage in the pan or skillet, and cook, before chopping it into small pieces. Now remove the sausage, and drain the fat off, and put to one side.

When the cauliflower has cooled, add about half of it to a food processor, and blend until smooth. Now place it in a bowl, and add the mozzarella, eggs, Parmesan and spices, stir well.

Now spread the mixture onto a cookie sheet, and spread it out evenly. Bake for approximately 20 minutes, or until the cauliflower has brown edges.

For the topping:

Cut the sausage into smaller pieces. Add the pizza sauce to a saucepan, and then add the sausage. Bring to a simmer, while keeping it covered.

Switch the oven to broil, and pour the sausage mixture and the sauce over the crust, and spread until it's thinly but evenly coated. Now add the cheese mixture, and then place the pizza back into the oven until the cheese starts to brown. Slice and serve.

## **Chicken Broth**

Makes: 4-6 bowls

Ingredients:

650 grams of chicken

Half an small onion, chopped

1 teaspoon of salt

Half a carrot, chopped

Half a celery stalk, chopped

1 peeled garlic clove

Half a teaspoon of parsley

Half a teaspoon of thyme

3 Peppercorns

Half a bay leaf

Method:

Preheat the oven to 400 Fahrenheit, and place the chicken in a pan or Dutch oven. Add the salt and the onion, carrot and celery, and roast the chicken for about 45 minutes. When the chicken is done, remove from the oven and then place it on a stove burner. Now add some water to the chicken, and the, garlic, spices and herbs. Simmer on a low heat, and then skim off any foam. Take off the heat, and allow to cool.

Once cooled, strain the broth, and serve.

## Low Carb Meatloaf

Makes: 1 large meatloaf

Ingredients:

800 grams of ground beef

5 cloves of minced garlic

2 tablespoons of butter

Half a tablespoon of cilantro

Half a tablespoon of thyme

6 grams of parsley

2 eggs

400 grams of sausage

225 grams of onion, chopped

120 grams of green pepper, chopped

100 grams of almond flour

50 grams of grated Parmesan

A teaspoon of salt

Half a teaspoon of black pepper

Half a teaspoon of gelatin

2 teaspoons of barbecue sauce

2 teaspoons of mustard

60 ml of heavy cream

Method:

Preheat the oven to 350 Fahrenheit, and grease a baking dish. Add the Parmesan and flour to a bowl and whisk thoroughly. Heat the butter in a pan or skillet and then add the onion,

garlic and pepper, and then sauté. Once soft, allow to cool and then add to a food processor. Blend until fine.

Whisk the eggs, and then add the barbecue sauce, herbs, pepper, salt, mustard and cream. Now sprinkle the gelatin and on top of the ingredients, and leave for about 5 minutes. Then add the onion, and stir well.

Take the beef and sausage, and mix, then add to a large bowl, and put the almond and egg mixtures in, and mix. If the mixture becomes sticky, add some Parmesan. Now place the ingredients into a baking dish and be sure to leave a gap of about 1 inch on each side. Flatten the loaf down, and cook for an hour, or until the meatloaf is 160 Fahrenheit. Cool and serve.

## **Chocolate Protein Shake**

Makes: 1

Ingredients:

28 grams, or 16 ounces of almond or soy milk

114 grams or 4 ounces of heavy cream

A tablespoon of raspberry syrup

30 grams of whey powder

Method:

Place the ingredients into a blender or smoothie maker, and blend until smooth. Pour into a glass, and serve.

## **Chapter 6 : Dinner Recipes**

The following dinner recipes should leave you feeling quite satisfied at the end of the day.

### **Baked Salmon**

Serves: 2

#### **Ingredients:**

2 salmon fillets

6 tablespoons of olive oil

1 tablespoon of lemon juice

1 tablespoon of parsley

2 cloves of garlic, minced

1 teaspoon of cilantro

1 teaspoon of salt

1 teaspoon of black pepper

#### **Method:**

Add the pepper, salt, garlic, cilantro, olive oil, lemon juice and parsley to a bowl, and stir. Now cook the salmon in a baking dish, and cover with the garlic and cilantro mix.

Marinate the salmon in the refrigerator for about one hour, while turning every 20 minutes. Preheat the oven to 375 Fahrenheit, and wrap the salmon in some aluminum foil. Pour over the marinade, and then cook for about 45 minutes, or until the salmon flakes when you touch it with a fork. Serve.

## **Chorizo and Cauliflower Soup**

Serves: 3

Ingredients:

Half a cauliflower, chopped

Half an onion, chopped

Half a medium sized Chorizo sausage, chopped

Half a spring onion, chopped

Half a turnip, chopped

A dash of salt

240mls of chicken stock

1 tablespoon of butter

Grease a soup bowl, with a tablespoon of butter, and add the onion and cook on a medium to high heat until it has browned. Add the cauliflower, and cook for another 5 minutes, while stirring.

Add the chicken stock to the cauliflower, and place a lid on the bowl. Now add half the turnip and half of the chorizo. Cook until it's crispy (About 10 minutes). Now place half of the chorizo into a blender, and blend until smooth. Season with salt, and then add the rest of the turnip and chorizo. Serve.



## Swedish Meatballs

Makes: 30

Ingredients:

500 grams of lean beef

1 tablespoon of butter

1 cooked egg

Half a teaspoon of black pepper

1 and a half teaspoons of allspice

1 and a half teaspoons of nutmeg

1 and a half teaspoons of salt

200 grams of ricotta

114 grams of Swiss cheese, grated

Method:

Add the butter to a pan and heat, then sauté the onions until they are clear. Allow to cook for about 10 minutes. Now take the Swiss cheese and place in a blender, and blend until they resemble bread crumbs.

Add the egg and ricotta to a mixing bowl, and whisk. Now add the pepper, salt and spices, and mix again. Add the Swiss cheese and onion, mix once more. Place the beef in the bowl and combine, until all of the ingredients have become stuck together and sticky. Divide the mixture into 30 meatballs, and roll into a ball.

Add the meatballs to a cookie sheet, and cook at 350 Fahrenheit for about 20 minutes, or until brown. Serve.

## Chicken Guadalajara

Serves: 4

### Ingredients:

4 de-boned chicken breasts, cut into 2 cm slices

3 minced garlic cloves

2 tablespoons of butter

6 tomatoes, chopped

4 green chilies

114 grams of cream cheese

60ml of chicken broth

60 grams of whipping cream

1 teaspoon of cumin

Half a teaspoon of cayenne pepper

1 teaspoon of salt

Half a teaspoon of garlic powder

Salsa to garnish

Sour cream to garnish

A handful of cheddar, grated, to garnish

### Method:

Melt the butter in a skillet and then sauté the garlic and onions until they are soft. Place the chicken in the skillet, and cook on a medium heat until the juices are nice and clear. Turn the temperature down to medium low, and then add the chilies and tomatoes. Add all the herbs and spices, and cover and simmer for about 10 minutes.

Now add the cream and cream cheese, and keep stirring until the cheese has melted. Top with the garnishes, and serve.



## **Cheese and Onion Quiche**

Makes: 1 large quiche

### **Ingredients:**

12 eggs

500 grams of cheddar, grated

2 tablespoons of butter

480 ml of heavy cream

1 onion, chopped

1 teaspoon of salt

2 teaspoon of thyme

1 teaspoon of pepper

### **Method:**

Preheat the oven to 350 Fahrenheit, and then add the butter to a skillet and melt on a medium low heat. Add the onion and sauté, until they are clear, and then allow to cool.

Prepare two quiche pans and add the grated cheese, then add the onion, and spread over the pan evenly.

Now pour the eggs into a mixing bowl, and add the spices and cream. Whisk until the mixture becomes frothy. Pour half of the mixture over the cheese and then spread evenly.

Put the pans in the oven and cook for about 25 minutes, or until the quiches have set. Allow to cool, and serve.

## **Chapter 7: Ketogenic Diet Plan Snacks**

Enjoy the following snacks as part of the Ketogenic diet plan, and lose weight while eating great tasting food.

### **Macadamia Nuts**

Serves: 1

Ingredients:

A handful of macadamia nuts

A small slice of butter

Method:

Melt the butter in a pan, and add the nuts, stir constantly. Remove from the heat once the nuts have browned. Allow to cool, and serve.

## **Salmon and Cream Cheese**

Serves: 1

Ingredients:

150-200 grams of salmon

100 grams of cream cheese

Method:

Cut the salmon into thin strips, and add to a bowl. Spoon in the cream cheese and stir. Serve.

## **Leftover Meat**

Serves: 1

Ingredients:

Leftover meat

A pinch of the herbs of your choice

Method:

Cut the leftover meat into thin strips, and add to a bowl or tub. Sprinkle on the herbs of your choice, and serve.

## **Cheese Chips**

Serves: 1

200 grams of shredded cheese

### **Method:**

Cut some non-waxed baking paper, into the same size as the turntable in your microwave. Now place the paper on the turntable and add small piles of cheese.

Turn the microwave onto full power for about a minute and a half, or until the cheese has turned crispy. Allow to cool, and serve.



## **Pork Rinds and Pesto**

Serves: 1

10-15 cooked pork rinds

60 – 80ml of basil pesto

Method:

Spoon half the basil pesto into the bottom of a bowl, and spread evenly. Add the pork rinds on top, and then spoon the rest of the pesto over the pork rinds. Stir, and serve.

## Chapter 8: Hints and Tips

Here are a few hints and tips that will help to make your participation on the Ketogenic diet plan a little bit easier.

### Water

It's important that you stay hydrated, no matter what diet plan you happen to be doing. Water is incredibly good for you, not only does it help to detox your body, but it can also leave you feeling full. Enjoy 8 glasses of water per day, and don't be afraid to add some low-carb flavoring to it if you're not keen on the taste.

### Exercise

Many people exercise when they take part in a diet plan, but you do not have to. You will lose a lot of weight if you only eat the foods that the Ketogenic plan allows. This means that you do not have to exercise in order to lose weight, as it will start to fall off quickly.

### Your weight loss

It's inevitable that you will lose a bit if not a lot of weight when undertaking this diet. This is because you will be consuming a lot less sugar. While you may lose quite a bit of weight at first, your weight loss will eventually slow down. This is because your body will work out what its desired weight is, and it will get you there slowly and steadily.

Remember, if you lose a lot of weight quickly, you will put it back on just as quickly.

### If you want to do the plan again

I recommend that you don't partake in the Ketogenic diet for more than two weeks at a time. This is because you will need to consume fruits and vegetables and other nutrients that this diet may lack.

If you really would like to do the plan again, then please do the plan for two weeks, have

two weeks off, and then start the plan again for another two weeks.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you understand how delicious the Ketogenic diet can be, while also helping you to lose weight too.

The next step is to get all the ingredients that you need, so you can enjoy some lovely home made meals.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

# **The 14 Day Green Smoothie Plan**

## ***The Beginner's Guide To Losing 15 Pounds and Increasing Energy***

*Bonus Info On My Favourite Diet*

*Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)*

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**Introduction**

# Introduction

I want to thank you and congratulate you for downloading the book, “ ***14 Day Smoothie Plan: The Beginner’s Guide to Losing 15 pounds and increasing Energy*** ” .

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape and feeling better, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, using the smoothie cleanse is a great way to start.

While your body ’ s natural energy level slows down as your age increases, that doesn ’ t mean that you should give up on your health goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you ’ ve always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by using smoothies. This isn ’ t meant to be a fad to help you lose weight fast and feel healthier, but it should encourage you to use smoothies to make healthier lifestyle choices, and reset your lifestyle in the process.

This book contains proven steps and strategies on how to enjoy a wide range of tasty smoothie, that will help you to lose weight. This book will also show you how to:

- Make delicious and nutritious smoothies from scratch
- Lose up to 15 pounds without feeling hungry
- Consume more of the nutrients your body needs
- Feel more energetic thanks to the smoothies you’ll consume
- and so much more!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.



## **Chapter 1: The Benefits of Smoothies**

Smoothies can be highly nutritious and great to drink, if you add the ‘Right’ ingredients. By this I mean, with the addition of some healthy ingredients in your smoothie, you will find that it’s easier to lose weight than you imagined, and you won’t go hungry.

The fact of the matter is that you can lose weight without dieting, or taking any of those dubious diet pills that seem to be so popular these days.

Smoothies that are packed full of great tasting fruit and vegetables, provide your body with the nutrients it needs to stay healthy, and they fill you up too.

Many smoothies are packed full of high fiber ingredients, and its these ingredients that stop those cravings. This is because they are a lot more filling than other foods, and you soon realize that you’re full, and you don’t want to eat anything else. If you consume a glass of fruit and vegetables, not only will you become full, but you’ll lose weight too as they are very low in fat.

### **They taste good**

Smoothies often taste good, they can even taste great depending on the ingredients that you add to them. The good news is there are many different recipes available, which will allow you to cater to your tastes and that of your family. You can also create your own recipes from scratch too, so that you’re able to enjoy something very tasty.

The more you enjoy a smoothie, the more likely you are to drink it. This means that if the smoothie in question is good for you: High in fiber, low in fat, salt and sugar, then you’re more likely to lose weight.

### **The smoothie plan**

The smoothie plan is one that you're sure to enjoy. With a wide range of different recipes available, you can be sure that you'll have no problem creating and enjoying smoothies that you can take to work with you, enjoy at home, or on the go.

Take a look at the smoothie plan and work out how you can fit it into your life. Before you start the 14 day plan, I must stress that if you're new to this kind of thing, you should start off slowly.

Please don't make the mistake of throwing yourself in at the deep end, and replacing two of your meals a day with a smoothie. You may find this too difficult to continue with. Instead, simply replace one of your meals with a smoothie, as you'll find it relatively easy to deal with.

I recommend that you have a smoothie for breakfast, you enjoy a light lunch, and you have a cooked meal in the evenings. It may be that you're unable to have a smoothie for breakfast, and you wish to replace a different meal instead. Whatever you're able to do, and for whatever reason, I hope that the 14 day smoothie plan is hugely successful for you, but most of all, you enjoy it.

### **Extra energy!**

As you'll now be adding more fruits and vegetables to your day, you'll soon find that you have a lot more energy. This is especially the case if you tend to skip meals, or you don't eat highly nutritious foods. The extra energy you'll have, will come directly from the good food that you eat (Or rather drink!). Fruits and vegetables are great sources of energy, that won't leave you with an energy slump as some sugary foods do.

It may take a while for you to get used to consuming something regularly, but you'll start to feel and look better for it.

## **Chapter 2 : Starting the Smoothie Plan**

### **Helpful tips**

Here are a few helpful tips that may help you along your way if you begin to struggle with the smoothie plan.

### **Making mistakes**

Sometimes a new eating plan can be hard to stick to. We humans make mistakes, and we occasionally eat something that we later wish we hadn't. The way to deal with making a mistake, is not to beat yourself up over it, but to rectify it as soon as you can.

Let's say for example that you accidentally eat a bowl of chocolate covered sugary cereal for breakfast. You may start to feel guilty for not drinking that smoothie you prepared last night. Don't worry, just enjoy the smoothie for lunch, and have your regular meal in the evening.

### **Try to eat a healthy diet**

In addition to having a smoothie for breakfast, or whenever you can fit it into your day, you may want to take a look at your current diet. When you eat a meal, try to make sure that it's a reasonably healthy one. Not only will the nutrients do you the world of good, but if you eat a healthy diet, you'll be more likely to lose weight.

You will see that I've added a few meal suggestions in the diet plan. You don't have to stick with eating these meals if you would prefer something else. Please make sure that you only consume nutritious meals in the evenings, regardless of whether you're eating the meals I've suggested, or something else.

### **Find out where you can source your ingredients**

Before you decide to go all-out and make a weeks' worth of smoothies, you will need to think about where you'll source your ingredients. A lot of people buy their fruit and

vegetables from a supermarket, but I try to avoid doing this if I can. I recommend that you buy your ingredients from a local market or a greengrocers. This is because the fruit and vegetables are not only fresher, but they're likely to be cheaper too. What's more is you'll also be supporting a local business, and that's never a bad thing.

### **Avoid shop-bought smoothies**

Although some shop-bought smoothies are very tasty, they can often be high in sugar. You may be able to find some smoothies that don't contain a lot of sugar, but they are usually expensive. Save money, and cut down on your consumption of sugar by consuming smoothies that you have made from scratch. Trust me, they'll taste better.

### **Start the plan with a friend**

One of the best ways for you to enjoy the 14 day smoothie plan, is to bring a friend along for the ride. You may also want to ask someone in your family to join you too. The reason I'm suggesting you do this, is because when you start a new plan with someone else, you can compare notes, make recommendations to each other, and provide motivation when times are tough.

### **Reward yourself**

Each time I've been on the smoothie plan, I've rewarded myself when I've reached a specialist goal. Once a week, I treat myself to a meal of my choosing, regardless of how unhealthy it is, whereas other have a night out on the town. Rewarding yourself is a great way for you to stay motivated, which means your smoothie plan is more likely to work. If you've put in a lot of hard work, you need to make sure there's some sort of reward, don't you?

### **Key foods/Ingredients**

In addition to losing weight, you may want to improve your health. You can do this by eating a wide range of fruits and vegetables that contain a wide range of vitamins.

Below you will find a list of vitamins, with the some of the names of the fruits and

vegetables that contain them:

Vitamin A:

Fruit – Grapefruit, Mango, Passion Fruit, Tomatoes

Vegetables – Broccoli, Carrots, Leeks, Pumpkins, Spinach, Sweet Potato

Vitamin B1 – Thiamine:

Fruit – Dates, Grapes, Mango, Oranges, Pineapples, Pomegranates,

Vegetables – Asparagus, Okra, Parsnips, Sweet Potatoes,

Vitamin B2 – Riboflavin:

Fruit – Bananas, Grapes, Passion Fruit, Pomegranates

Vegetables – Brussels Sprouts, Mushrooms, Pumpkins, Swiss Chard

Vitamin B3 – Niacin:

Fruit – Avocados, Dates, Mango's, Nectarines, Peaches

Vegetables – Butternut Squashes, Parsnips, Pumpkins, Sweet Potatoes

Vitamin B5 – Pantothenic acid:

Fruit – Avocados, Gooseberries, Grapefruit, Pomegranates, Raspberries

Vegetables – Broccoli, Brussels Sprouts, Parsnips, Potatoes, Sweet Potatoes

Vitamin B6 – Pyridoxine:

Fruit – Bananas, Dates, Grapes, Mangoes, Pineapples, Watermelons

Vegetables – Broccoli, Brussels Sprouts, Kale, Sweet Potatoes

Vitamin B9 – Folic acid:

Fruit – Blackberries, Guava, Mangoes, Passion Fruits, Strawberries

Vegetables – Broccoli, Brussels Sprouts, Okra, Parsnip, Sweet Potatoes

#### Vitamin C:

Fruit – Black currants, Kiwi, Mangoes, Oranges, Pineapples, Strawberries

Vegetables – Broccoli, Brussels Sprouts, Kale, Swiss Chard

#### Vitamin D:

Fruit – N/A

Vegetables - Mushrooms

#### Vitamin E:

Fruit – Avocados, Blueberries, Cranberries, Kiwi, Mangoes, Pomegranates, Raspberries

Vegetables – Butternut squash, Parsnips, Pumpkins, Swiss Chard

#### Vitamin K:

Fruit – Blackberries, Blueberries, Cranberries, Grapes, Mangoes, Pomegranates, Tomatoes

Vegetables – Asparagus, Broccoli, Cucumber, Kale, Leeks, Spinach, Swiss Chard

## **Chapter 3 : Diet plan (14 day guide)**

Below you will see a 14 day smoothie plan that I have created, in order to help you lose weight. Not only will the smoothies help you to lose up to 15 pounds, but they will also provide you with a lot of energy too.

This is because fruits and vegetables are jam packed full of sugars that help to give you the boost of energy you need, without leaving you feeling drained once the sugar has worn off. This is because fruits and vegetables provide slow-release energy, which means you'll have more energy through-out the day, while also working to lose weight.

Please note that the guide below is just a suggestion, and you may find that you need to change your meal plans to suit your needs and your lifestyle.

The recipes for some of the smoothies can be found in the next chapter.

### **Day One**

Breakfast: Refreshing cucumber and pineapple smoothie

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Baked potato with salad

### **Day Two**

Breakfast: Blueberry and peach smoothie

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Low fat lasagna

### **Day Three**

Breakfast: Banana, Mango and Kiwi smoothie

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Treat yourself to a meal of your choice

### **Day Four**

Breakfast: Green mint and strawberries

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Chicken salad or a low fat pasta dish

### **Day Five**

Breakfast: Kiwi boost

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Grilled meat and vegetables

### **Day Six**

Breakfast: Pineapple, pear and broccoli

Snack: A piece of fruit or a yogurt



Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Baked potato with salad

### **Day Seven**

Breakfast: Cucumber, watermelon and lime

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Low fat lasagna

Congratulations, you have made it through the first seven days of your smoothie plan! Why not treat yourself to a reward? It doesn't have to be a food-related reward, just something that will make you feel good!

### **Day Eight**

Breakfast: Spinach, banana and hemp

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Chicken salad or a low fat pasta dish

### **Day Nine**

Breakfast: Ginger and orange

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Grilled meat and vegetables

### **Day Ten**

Breakfast: Fruit smoothie

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Treat yourself to a meal of your choice

### **Day Eleven**

Breakfast: Refreshing cucumber and pineapple

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Baked potato with salad

### **Day Twelve**

Breakfast: Blueberry and peach

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Low fat lasagna

### **Day Thirteen**

Breakfast: Banana, mango and kiwi

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Chicken salad or a low fat pasta dish

### **Day Fourteen**

Breakfast: Green mint and strawberries

Snack: A piece of fruit or a yogurt

Lunch: Salad, pasta dish, or healthy sandwich

Snack: Leftover smoothie or a low calorie snack

Dinner: Grilled meat and vegetables

Congratulations, you have made it through to the fourteenth day of your smoothie plan! You've probably had a lot more energy and you may have slept better. Perhaps you had better bowel movements and chances are you've lost a bit of weight too!

Seeing as you've managed to come this far, why not treat yourself to a reward? It doesn't have to be a food-related reward, just something that will make you feel good!

As you can see, there is a lot of scope for the enjoyment of some very tasty smoothies. My advice is to make the smoothies in the morning, so they're nice and fresh, but if you don't have the time, then you could always make them the night before. Consume any leftover smoothie as soon as you can. I like to enjoy leftovers the next day at work, as it adds a bit of variety, and nothing goes to waste.

### **A little advice**

Not everyone enjoys eating breakfast, some people would rather do without as they don't think they have time for it. The trouble with skipping breakfast is that it doesn't speed up your metabolism, as eating breakfast does. This means you're likely to put on more weight if you skip breakfast.

Try to have something to eat when you wake, even if it's just a piece of fruit. Your body

will thank you for it, and you're likely to feel better and have more energy too.

## **Chapter 4: Green Smoothie recipes**

Green smoothies are particularly good for you as they usually contain a lot of very healthy ingredients. I know a lot of people try to avoid drinking green smoothies as they may not always look that pleasant, but they can taste great.

If you're unsure about drinking something green, why not try adding just 1 green ingredient to a smoothie that you like? This will help you to get used to the taste, while also ensuring that you benefit from the nutrition they provide.

### **Cool Cucumber smoothie**

Ingredients:

1 whole cucumber

A stalk of celery

Half a lemon (Peeled)

4 carrots

1 apple

Place all the ingredients into your juicer, and juice them until they are smooth. Pour the smoothie into a glass and serve.

### **Spinach and cilantro smoothie**

Ingredients:

1 large tomato

Half a large cup of spinach

Half a bell pepper

Half a stalk of celery

2 cilantro springs

A quarter of an onion (Preferably small)

Half a carrot

A splash of lime juice

Place all of the ingredients into your juicer, and top it up with water if there is any room left. Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Apple and Bok Choy smoothie**

Ingredients:

1 apple (With core removed)

2 heads of Bok Choy

The juice of half a lime

1 cup of coconut water

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Kale, spinach and coconut smoothie**

A handful of kale

A handful of spinach

Half a cup of coconut oil

2 tablespoons of chia seeds

1 orange

1 banana

4 strawberries

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.



## **Carrot and cucumber smoothie**

Ingredients:

2 carrots, chopped

Half a cucumber, chopped

A quarter cup of sugar

A peeled orange

Half a cup of water

A teaspoon of lemon juice

Place the carrots, cucumber, orange and water into the juicer, juice until smooth, and then add the sugar and lemon juice. Juice once again, and then pour into a glass and serve.

## **Spinach, hemp and banana smoothie**

Ingredients:

Half a cup of spinach

1 chopped banana

A teaspoon of hemp seeds

1 carrot

5 teaspoons of pumpkin seeds

1 orange

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Cucumber and chili smoothie**

1 cucumber

A teaspoon of lime juice

3 mint leaves

Half a chili pepper

Juice the ingredients, apart from the lime juice, until they are smooth. Pour the smoothie into a glass and add the lime juice, serve.

## **Cucumber and pineapple smoothie**

Ingredients:

A quarter of a cucumber

A quarter of a lemon

1 large slice of pineapple

Half a large red apple

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Cucumber, lime and watermelon smoothie**

2 cucumbers

The juice of 1 lime

A quarter of a watermelon

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

Depending on the type of smoothie maker or juicer that you use, you may need to chop up your ingredients first. This is to ensure you do not damage the blades, and/or that your smoothie is as smooth as it can be.

Admittedly, some green smoothie recipes may take a bit of getting used to. If you're not a fan of green vegetables, then you may want to slowly introduce them into your day. Not everyone drinks green smoothies, some people avoid them all together.

## **Chapter 5 : Citrus smoothie recipes**

If you prefer a more citrus-like taste, then you're going to love these citrus smoothie recipes. If you find they are a little too sharp, then a pinch of sugar or a low-calorie sweetener may get rid of the sharpness for you.

### **Orange and ginger smoothie**

Ingredients:

1 orange

Half a tablespoon of grated ginger

1 tablespoon of maple syrup

A quarter of a cup of carrot juice

Half a cup of milk

A quarter of a cup of yogurt

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Strawberry and banana smoothie**

Ingredients:

Half a cup of strawberries

1 banana

1 cup of milk

A dusting of cinnamon

A tablespoon of maple syrup

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Peach and blueberry smoothie**

Ingredients:

1 and a half cups of peach

Half a cup of blueberries

Three-quarters of a cup of milk

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.



## **Berrylicious smoothie**

Ingredients:

A cup of blueberries

1 banana

A sprinkling of cinnamon

A teaspoon of cocoa powder

Half a cup of spinach

Half a cup of mango

Enough milk to fill to the top

Juice the solid ingredients until they are smooth, then add the milk, juice the ingredients again. Pour the smoothie into a glass and serve.

## **Orange, grapefruit and spinach smoothie**

Ingredients:

1 orange

A quarter of a grapefruit

Half a cup of spinach

1 handful of raspberries

A tablespoon of chia seeds

3 strawberries

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Pineapple, broccoli and pear smoothie**

Ingredients:

Half a cup of pineapple chunks

Half a cup of broccoli

1 pear

Enough water to fill to the top

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Mango, kiwi and banana smoothie**

Ingredients:

A cup of chopped mango

1 kiwi fruit (Peeled)

1 banana

2 cups of plain yogurt

1 cup of chopped pineapple

A cup of ice cubes

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Kiwi and banana energy boost smoothie**

Ingredients:

3 kiwis

1 banana

A handful of spinach

A cup of milk

A cup of hemp seeds

1 teaspoon of sunflower seeds

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Blueberry, strawberry and banana smoothie**

Ingredients:

A cup of blueberries

4 strawberries

1 banana

A handful of spinach

A cup of milk

2 tablespoons of chia seeds

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Strawberry, mint and spinach smoothie**

Ingredients:

5 strawberries

A teaspoon of mint leaves

1 cup of spinach

A cup of water

2 cups of milk

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

Some of the above recipes are quite bulky, so please make sure that if you add extra water or milk if you need to. Alternatively, you may want to add some fruit juice instead, to give you that extra citrus kick, or to simply ensure you eat a larger variety of fruit every day.

If you find that your citrus smoothie is quite bulky or full of lumps, please chew the lumps, rather than swallowing them down. This will help to ensure that your body produces less gas, and it will also make you feel fuller for a bit longer too.

## **Chapter 6 : Sweet smoothie recipes**



The following sweet smoothie recipes are ideal if you have a sweet tooth, or you want to treat yourself. The recipes that you'll find below, are not very high in fat, but they won't help you to lose weight as much as other smoothies will.

If you have young children who like sweet things, but their diet isn't as good as you'd like it to be, or you want to encourage them to consume smoothies, then offer them a sweet smoothie from time to time. Gradually offer your children smoothies that aren't as sweet, so they become used to consuming delicious and nutritious fruits and vegetables.

### **Chocolate, almond and spinach smoothie**

Ingredients:

1 tablespoon of sweetened or unsweetened cocoa powder

1 and a half cups of almond milk

A handful of spinach

2 grapes

2 strawberries

1 banana

A tablespoon of flax oil

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Chocolate and vanilla smoothie**

Ingredients:

15 to 20 grams of chocolate flakes or shavings

A tablespoon of vanilla flavoring

Half a cup of yogurt (Preferably Greek)

1 tablespoon of hemp powder

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Peanut butter and banana smoothie**

Ingredients:

Half a cup of peanut butter

A teaspoon of cocoa powder

Half a cup of skim milk

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Chocolate, beet and strawberry smoothie**

Ingredients:

2 teaspoons of cocoa powder

6 strawberries

A handful of spinach

A quarter of a beet

1 and a half cups of milk

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Coconut, banana and chocolate smoothie**

### Ingredients:

1 teaspoon of fresh or dried grated coconut

1 banana

1 teaspoon of cocoa powder

A handful of spinach

A cup of coconut water

8 Almonds

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Oranges and lemons smoothie**

1 orange

Half a grapefruit

1 tablespoon of lemon juice

Half a cup of vanilla yogurt

Half a tablespoon of chia seeds

1 tablespoon of honey

A cup of milk

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Apple and cinnamon smoothie**

Ingredients:

1 apple

1 pear

A sprinkle of cinnamon

A cup of milk

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

## **Chocolate and strawberry smoothie**

Ingredients:

1 teaspoon of cocoa powder

2 cups of milk

4-6 strawberries

Juice the ingredients until they are smooth. Pour the smoothie into a glass and serve.

Please don't be afraid to experiment with recipe ideas. The above recipes are simply there to get you started, but you can adjust them as you please. Make your own smoothies from scratch and experiment with different kinds of milk, different flavor yogurts and any other ingredients you can think of.

Remember that some of the ingredients that make up a sweet smoothie, could potentially be quite fattening (Such as the peanut butter for example). This is why it's important not to have them too often. If you do decide to drink a sweet smoothie quite frequently, then please opt for low calorie and low fat ingredients. This will make you more likely to lose weight, which is the purpose of this smoothie plan. The good news is there are a lot of tasty low calorie and low fat products out there, so there's no reason for you to compromise on flavor when you enjoy a sweet smoothie.

## **Chapter 7: Hints and Tips**

Starting a new diet plan is never easy, but it has to be said that this particular plan is likely to be one of the easiest you'll come across. There's absolutely no reason why you should feel hungry when you're on this plan. The fiber that's contained in the fruits and vegetables you'll consume, are likely to leave you feeling full.

If you stick to the plan, you'll lose up to 15 pounds in two weeks. Plus, you'll have a lot more energy, and your skin is likely to look better too. Even though the 14 day smoothie



plan is not that tough, you may appreciate a few hints and tips to help you along your way:

### **A note about milk**

If like me you're lactose intolerant, you won't want to consume cows milk. The good news is that there are many substitutes available these days. Use soy milk, almond, coconut or rice milk instead. I personally opt for sweetened soy milk as it tastes nicer than the unsweetened, and uses apple juice as the sweeter, rather than sugar.

### **Water**

Please make sure that you stay hydrated through-out the smoothie plan. Not only will water quench your thirst, but it will also act as an anti-oxidant as it helps to flush out toxins. Drinking plenty of water will also act to relieve stress, and it could help you to lose weight too. Enjoy 8 glasses of the good stuff each day, have better looking skin, and sleep better at night too.

### **Exercise**

You're likely to lose weight on this plan, as well as boosting your energy levels too. But if you add exercise to your day, you will find the results even more effective. You don't have to exercise a lot more, in fact you don't have to exercise even more than you already are, in order to achieve weight loss. Just know that a little bit more exercise will help to speed up the weight loss you're looking for.

### **Refrigerate those smoothies**

To ensure the freshness and quality of your smoothies are kept to a maximum, you should refrigerate your smoothies as soon as you can. I know some of you may be taking them to work, and they may become slightly warm on your journey to the office, but please stick them in a refrigerator when you get there.

If you have any leftovers, refrigerate those too, and try to consume them as soon as you can. All of the smoothies contained in this ebook should stay fresh for 2 days, but if they're kept any longer, they may begin to degrade.

### **Make a note of the smoothies you've made yourself**

While you may be happy to use the recipes contained in this ebook, you might also want to think about coming up with your own. One of the best things you can do, is to make a note of the smoothies you've made yourself. You could come up with a very nutritious and great tasting recipe, and it would be a shame if you didn't write it down. Make a note of it, so you can enjoy it again another day.

### **Lots of weight loss at first**

Whenever anyone begins a new weight loss or diet plan, they tend to lose a nice amount of weight within a short space of time. This is only natural, but it's not sustainable. As time ticks on, you won't lose as much weight as you did when you first started. I know this can be frustrating, but it's what happens. Your weight loss will slow down, but that does not mean you won't lose any more weight.

Stick with the plan, even if you don't appear to be losing any more weight, as it's likely to be doing you some good.

### **If you want to do the plan again**

Some people like to do the 14 day smoothie plan more than once. While this may be an effective and enjoyable way to lose weight, you may wish to get back to your regular pattern of eating for a few weeks. I hasten to add that during those few weeks, you may want to eat a healthy balanced diet, rather than going back to old ways of eating, if you consumed a lot of fats, sugar and salt.

Once you've stuck to a healthy balanced diet for a few weeks, try to 14 day smoothie plan again.

If you do decide to stick with the plan for longer than 14 days, please make sure that you're eating proper meals, and your diet is a healthy one.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to Lose weight and increase your energy levels in just 14 days.

The next step is to shop for the ingredients so you can enjoy nutritious and tasty smoothies.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

# **The 14 Day Dump Dinner Cookbook**

*Quick and Easy Dump Dinner Recipes*

*Bonus Info On My Favourite Diet*

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## Introduction

We all live in a busy world where we rarely have time to spend in the kitchen to make something delicious. We all crave tasty homemade dinners, but sadly, only a few of us can manage to take time out of the busy schedules to prepare a time-taking dish. To satisfy our cravings for something mouthwatering, we go to expensive restaurants and pay a hefty amount there. But even the taste of restaurants can wear off after sometime and you start craving for homemade food, right?

Well, when your schedule is hectic and you are too busy to make something tasty for the family, turn to the recipes we have mentioned in the book. The recipes are all dump dinner recipes which means you will only have to dump everything in the cooker and let the cooker do the job for you. In the mean time you can go to your office, enjoy your favorite shows, take a good nap, complete your household chores or simply go shopping. These dump dinner recipes are completely life saving dishes, especially for the days when you are too tired or too busy to prepare dinner at home. With these super fast and super easy recipes, you will have to do no extra hard work and you will come back home to a deliciously cooked meal for the entire family. Sounds exciting, right?

So turn the pages to see what we have in store for you. We have a 14-day plan for you all so you wouldn't have to worry about feeding yourself with tasty dinners every day. Each dish is unique and full of flavors and you will love the ease with which they can be created. So turn on the creative chef in you, and try out the recipes we have mentioned to enjoy mouthwatering dinners with least effort!

## **Day 1**

We know how stressful it is to decide what to cook for the dinner every single day. We also know how difficult it is to stand in the kitchen and make tasty dinners. It often becomes extremely difficult to perform well at our jobs and yet make good dinners with a tired body. Hence for day 1, we have recommended a simple yet delicious recipe for you which will not require a lot of time and effort.



## Chicken Casserole

The first recipe that we have for you is Chicken Casserole. This is a super easy dish which will astonish you with its taste and deliciousness as well. The chicken is very easy to make and involves ingredients which you can easily find at home. The dish requires rice, mixed with chicken mayonnaise and some other creamy ingredients which will make the dish very appetizing at dinners. You just have to mix all the ingredients, dump them into a baking oven for 40 minutes and you are done. The recipe is perfect for days when you do not have enough time to make dinner yet you desire something tasty and mouth-watering at home.

Here is what you need to cook this easy dish:

Cream of chicken soup: 1 can

Cooked chicken, preferably rotisserie: 3 cups

Cooked rice: 3 cups

Sliced almonds: ½ cup

Celery: ¾<sup>th</sup> and diced

Mayonnaise: ½ cup

Corn flakes: around ¾<sup>th</sup>

Melted butter: 2 tablespoons

### **Method:**

Take a large baking dish and dump all the ingredients mentioned above. Mix all the ingredients well and add cornflakes on the top for more crisp. You may also add butter on the top for better taste. Once you mix all the ingredients well, simply put the dish in a

preheated oven (350 degrees) and relax. The super easy dish will take around 40 minutes to be ready for you to enjoy. Take the dish out when the casserole is according to your taste and preferences. Enjoy the super tasty chicken once the dish is out of the oven. Sounds easy, right? Make this dish every time you want to enjoy a tasty but hassle-free dinner at home.

## **Day 2**

For the second day, we have recommended an even easy recipe. The simple recipe is Russian Apricot Chicken which is not only mouth-watering and appealing in taste, it is also fairly simple and quick to make. The best part about the recipe is the number of ingredients you will require. It may be hard to believe but you can create a super tasty recipe with just four easy ingredients. Low ingredients with an even lower cooking time makes this dish an all-time favorite one. The recipe is desired by all those women who want tasty homemade dinners but do not have enough time to make a tough dish.

## Russian Apricot Chicken

Just like the previous recipe, all you need to do is mix all the ingredients well and let the cooker do the job. It is a slow cooker recipe and hence the cooker will take around 8 hours to completely cook the chicken. This may seem like a lot of time to some of you, but start cooking the dish in the evening so you will have a tasty dinner at night. In the meantime you can complete all your chores, go out for shopping, enjoy an event, do some office work or simply take a nap.

So these are the four ingredients through which you will make this super easy dish:

Boneless chicken breasts: around 2 lbs

Apricot preserves: 1 jar or 12 ounces

Onion: ½ and chopped

Russian salad: 1 bottle

### Method:

To make this dish, you need to stir the apricot preserves, the Russian salad and the onion in a bowl for a few minutes. The next step is to simply put the chicken in the cooker and pour the apricot mixture over it. This is all you need to do to make this dish. Once the ingredients are inside the pot, relax and complete your chores for 8 hours and then enjoy a sizzling dinner. The slow cooker, along with the apricot mixture will make the chicken very juicy and tasty. Once the chicken is ready, you may enjoy it with boiled rice or with mashed potatoes. You may also add a bit of spices in the apricot mixture if you want the chicken to be more spicy and tasty. In short, this dish is a must-have for all you busy foodies out there.

## Day 3

While the previous recipe contained four ingredients, the recipe for day three is even easier and quicker. The recipe is chicken salsa which requires just two ingredients and a pressure cooker. So if you have a super busy day where you cannot do any extra work for around 8 hours, and you badly crave for a tasty dinner, simply make this recipe before you leave for work, and then come back to enjoy the tasty salsa combined with delicious chicken. Do not worry about the preparation time as well. The dish will hardly take ten minutes to prepare after which you just need to put it in a cooker.

## Chicken Salsa

We all love chicken and we all love salsa. Imagine how amazing a dish would be if we combine these two tasty ingredients together. That's chicken salsa for you – it combines the juiciness of chicken with the sizzles of salsa to give an irresistible dish. The best part about the dish is the ease with which it can be created. You just need to mix the ingredients together in a slow cooker and your dinner will be ready.

Following are the two main ingredients which you require for super easy dish:

Boneless chicken breasts: 4

Your favorite salsa: 2 cups

### **Method:**

The method is also fairly simple. You just need to put the chicken in the pot and cover it properly with your favorite salsa. If you will not be free to eat for a long time, cook the dish in a slow cooker for 8 hours. You may otherwise cook it a normal pressure cooker which will take around 4 hours to cook the dish completely. One way to check whether the dish is cooked properly or not is to see if you can shred the chicken easily. If it becomes soft enough to be easily shredded, shred the chicken, add some spices, salt and pepper and enjoy the tasty dinner dish. You may also freeze the dish in an air-tight container to be used in days where you cannot cook at all. The dish, which will be around 6 cups, can also be eaten along with a lot of other Mexican dishes. So show the creative streak in you and enjoy this super easy recipe with your favorite salads or side dishes.

## Day 4

Let us move away from the usual chicken dinner routine this time. For day 4, we bring to you a delicious beef meal which is not just known for its good taste but also for the ease of its cooking. The recipe is perfect for days when you have to go out for a long time yet you still desire a perfectly cooked dinner at home when you return. This dish is Beef Stroganoff which is not just easy to cook, but it is a delicious combination of beef and stroganoff. The best part about the dish is that it requires very little ingredients and thus no hard work at all.

## Beef Stroganoff

Beef stroganoff is an easy to make recipe which you will love once you make and taste it. It has the deliciousness of meat and the creamy flavor of egg noodles and sour cream. The recipe will take around 4-5 hours to cook on a high cooker, but you can always cook it low and increase the cooking time to around 7 hours. Thus if you are going out for around 7 hours, all you have to do is mix the ingredients mentioned below in a crockpot and come back home to a deliciously cooked beef stroganoff. Let us see what ingredients you need for this recipe:

Stew Meat cut into small pieces: 2 lbs

Onion soup mix: 1 packet

Mushrooms: 1 can

Cream of mushroom soup: 1 can or approximately 11 oz.

Corn starch: 1-2 tablespoons

Ginger Ale: 12 oz. or 1 can

Sour cream: 8 oz. to taste

Egg noodles: 1 packet

### Method:

To make this dish, all you need to do is add all the ingredients together in a pot, except noodles, sour cream and starch and let the pot do the magic. Around 1 hour prior to the cooking time, you have to add sour cream and corn starch and then prepare the noodles to enjoy with the stroganoff. So you see, the dish is very easy and simple. The preparation time is very less and you will not have to do any hard work to prepare a delicious meal for you and your family.





## **Day 5**

Do you love trying new cuisines but you're too busy to try one? Do you only enjoy Chinese and Italian foods at restaurants and not at home because of your busy schedule? If yes then you no longer have to step out of your house to enjoy a delicious Chinese meal. We have a very easy Chinese recipe for you which will hardly take a few minutes of your time to prepare. The recipe is Cheese Beef and Broccoli which is both mouth-watering and super fast to make.

## **Cheese Beef and Broccoli**

Just like all the recipes mentioned in the book so far, this recipe is known for the ease of its preparation. You do not have to spend hours in the kitchen preparing a good Chinese dish for your family as this recipe only requires you to dump all the ingredients in a cooker and let the cooker do the job. You will only have to spend some time in the end to give final touches to the dish. Let's see how it is done.

For the dish, you need the following ingredients:

Beef chuck roast: 1 pound

Beef broth: approximately 1 cup

Soy sauce: ½ cup

Sesame oil: 1 tbs.

Brown sugar: 1/3<sup>rd</sup> cup

Minced garlic cloves: 3

Broccoli: 2 cups

Water: 2 tbs.

Cornstarch: 2 tbs.

Boiled or fried rice: as per requirement

### **Method:**

Although the list of ingredients seems pretty long, the method of cooking is fairly simple. The first step is to add beef broth with sesame oil, garlic, brown sugar and soy sauce in the cooker and whisk it. Then add the beef and whisk it again. Next step is to leave the ingredients in the cooker for around 6 hours after which you have to add water and corn starch and let the dish cook for another half an hour so the sauce gets cooked properly. In the end just add broccoli, cook it for few minutes and finally enjoy the delicious Chinese dish with rice. The dish only requires a few minutes in the beginning and a few minutes in

the end of the cooking time. The time in between is all there for you to relax and complete your unfinished jobs.

## **Day 6**

The next recipe is fairly easy as well. It is a super tasty dish which has a richness of flavor and a few easy-to-found ingredients. The dish is known as cowboy chicken and you will see how easy it is to make. This recipe is also suitable for days when you are busy for 6 to 7 hours and do not have time to spend in the kitchen to prepare a good dinner for the family. But with recipes like cowboy chicken, you do not have to worry about the dinner anymore.

## **Cowboy Chicken**

The recipe is also known as a dump-and-go recipe because of the fact that it requires you to dump the ingredients in a cooker and let the cooker prepare the meal. The recipe also has a lot of south-west flavor in it so you will have something different yet tasty to eat if you try this dinner at home. See the method below and do surprise your family members with this delicious and easy recipe.

Following are the ingredients you will need for the dish:

Southwest pepper trio chicken

Ro-Tel: 2 cans

Black beans: 1 can

Mexi-corn: 1 can

### **Method:**

The method to cook this dish is extremely simple and painless. You only have to add the four ingredients in the cooker and let the dish cook for 6 hours. That is it! No preparation and no final touches required. The dish will hardly take a few minutes of your busy schedule and you will get an effortless and delicious dinner for the day. You and your family will love the flavor of the dish and the ease with which it is created. Just make sure you wash and dry the beans and Ro-Tel before adding.

This super easy recipe is loved by all the busy folks and they couldn't resist repeating the dish after every few days. So, are you trying this easy recipe tonight?

## Day 7

We all love to eat delicious dinners each day. Unfortunately, most of us are so pre-occupied with our jobs and other chores that we do not get enough time to spend in the kitchen and prepare a delicious meal for the family. In days of tough schedules, it is impossible to spend even an hour in the kitchen to cook something tasty. But, wouldn't you love if a mouthwatering dinner is ready for you with least effort and minimal time? We all would love to have such dinners every day, especially on days when there is no time for us to cook. The next recipe that we have is famous for the ease of its cooking and its taste. You will love the fact that the dish will be ready within minutes without you having to spend hours in the kitchen. The dish is Tortellini Bake.

## **Tortellini Bake**

Tortellini bake is basically a delicious pasta casserole which is loved by most of the busy people. It is filled with lots of rich flavors which will push you to make and eat it again and again. The dish which will serve around 6 people will hardly take 10 minutes of cooking time and 10 minutes of preparation time. Hence within 20 minutes you will be served with a tasty dinner to enjoy. Let us see the ingredients you need to make the dish at home:

Tortellini: 9 oz. or 1 packet in any flavor of your choice

Parmesan cheese: 3 tablespoons, grated

Mozzarella cheese: around 1 and a half cup, shredded

Spaghetti sauce: around 2 cups

Parsley

### **Method:**

The first step is to prepare the tortellini according to the directions mentioned on the packet. It will hardly take 10 minutes to prepare. Once the tortellini is ready, all you have to do is add spaghetti sauce in it and then add the tortellini covered with sauce in a baking dish. Add both mozzarella and parmesan cheese on top of tortellini to cover it well. Preheat your oven to 350 degree Celsius and then allow the tortellini to get baked in the oven until the cheese gets slightly brownish in color. Once the dish is out, you may sprinkle some parsley on the top. Hence within hardly 20 minutes, a delicious dish will be ready for you to eat.

## Day 8

For the 8<sup>th</sup> day, let's try something different. You would have been bored by now by the similarity in the cuisines presented so far. Hence this chapter focuses on a cuisine which is loved by most of us and is still easy to make. The chapter will present a Hawaiian dish which has a lot of rich and different flavors for all you foodies out there. The dish, like all the previous dishes, is very simple and easy to make and will hardly take 15 minutes of your time. We are sure you will love the ease with which the dish is created and the number of flavors which the dish offers. The dish is Hawaiian Chicken.



## **Hawaiian Chicken**

Hawaiian chicken is basically a slow cooker recipe which means that it will take around 5 hours to get ready. Thus in the mean time you can either take a nap, go out for shopping or simply complete all your tasks. The famous part about the dish is that it has a wide variety of ingredients in it from pineapple to oranges to ginger and soy sauce. The variety of flavors not only adds richness to the flavor of the dish but also makes the dish very appealing to eat. The dish which will serve around 7 people requires the following ingredients:

Chicken breasts: approximately 6

Mandarin oranges: 1 can or 15 oz.

Pineapple slices: 1 can or 16 oz.

Brown sugar: half cup

Corn starch: 1/4<sup>th</sup> cup

Soy sauce: half cup

Lemon juice: 1/4<sup>th</sup> cup

Ground ginger: around 1 teaspoon

### **Method:**

To prepare the sauce, you have to mix all the ingredients mentioned above, except chicken, pineapples and oranges. Whisk the sauce well so that the ingredients are properly mixed. Once the sauce is ready, place chicken in the pot and pour the sauce over it. Next step is to add pineapples and oranges from the top and let the pot prepare the dish for around 5 hours on low. After 5 hours the pot will come up with a delicious dinner for you. You may also enjoy the chicken with rice to make the dinner more fulfilling. Hence you will no longer have to go to an expensive restaurant to enjoy a dish as tasty as Hawaiian chicken; it will be easily available at your home with just 15 minutes of preparation time.

## **Day 9**

The next recipe is again a very simple yet delicious dish. This is the dish which you normally enjoy at home but we are presenting it to you with a little change in the ingredients. The best part about the dish is that you will not have to put in a lot of effort to make it. The dish will hardly take 30 minutes to get prepared in which you will not have to do any hard work. The dish is also full of flavors and deliciousness and will be loved by all the family members, especially the teens. The dish is Mexican Chicken Lasagna.

## **Mexican Chicken Lasagna**

Mexican chicken lasagna is basically another form of chicken enchiladas. This version of enchiladas, however, is fairly easy and far tastier than the original one. The recipe involves just four simple steps. You will have to dump all the ingredients, mix them well, make a layer and then bake it. Although the ingredients below may look like a lot, these ingredients will give a very delicious taste to the entire dish. Let us see what the ingredients are:

Chicken: 3 or 4 cups, chopped and cooked

Fiesta nacho cheese: 1 can

Cream of chicken soup: 1 can

Ro-Tel tomatoes: 1 can

Cumin: 1 teaspoon

Cilantro: around 1/4<sup>th</sup> cup, chopped

Corn niblets: 1 cup

Black beans: 1 can

Mexican cheese blend: 2 cups. Shredded

Pickled jalapeno slices: for garnishing

Sour cream: for garnishing

Lime wedges: for garnishing

### **Method:**

The first step is to prepare a filling by mixing together the chicken, the soup, nacho cheese, cilantro and tomatoes. The next step is simply to layer the mixture and the remaining ingredients in a baking dish. You can be totally creative here and add different

ingredients if you like. Layer the ingredients creatively so that the dish in the end looks very appealing. Cover the dish with an aluminum foil and then put the tray in a pre-heated oven (350 degree Fahrenheit) for 20 minutes. After 20 minutes, remove the foil and let the dish be baked for another 10 minutes. Thus within 30 minutes of no hard work, you will get a delicious dinner to eat.

## **Day 10**

There are a lot of people in the world who find beef dishes to be boring and not-so-delicious. If you too belong to that category, read the dish for the 10<sup>th</sup> day as we have presented a very tasty beef dish for you. The dish has a lot of rich flavors and you will love every single bite of it. The best part about the dish is that it is best for days when you are too lazy to spend time in the kitchen or too busy to cook something complicated. The dish, called Frito Chili Pie, will help you ease your tasks for the day by giving you a tasty dinner and saving your time.

## **Frito Chili Pie**

Frito Chili Pie is an easy beef recipe which has a lot of ingredients to add richness to its flavors. Once you eat this dish, you will love the fact that it is super easy and yet so tasty and delicious. To make the dish you will not have to do any hard work as the pot will cook the dish for you within 8 hours. In the meantime you can do all that you want to without having to worry about preparing a dinner for the family. Here is what you need to make the dish:

Beef: 1 ½ lbs.

Tomato sauce: 8 oz.

Garlic cloves: 3, minced

Ro-Tel: 1 can

Tomatoes: 15 oz. or 1 can, diced

Salt: half teaspoon

Ground cumin: 1 tablespoon

Oregano: 1 teaspoon

Chili powder: 1 or 2 tablespoons

Chipotle Tabasco sauce: 1 tablespoon

Kidney beans and pinto beans: 1 can each or 14 oz. each

Cornmeal: 1/4<sup>th</sup> cup

Water: half cup

Fritos: 1 packet

## **Method:**

Although the list of ingredients is fairly long, the method is very simple. The first step is to cook the beef in a pot until it gets brown and then add garlic to it after draining the beef. After mixing it for 2 minutes, shift the ingredients in a crock pot and add the rest of the ingredients except cornmeal, Fritos and water. The crock pot will take around 8 hours to

cook, but before 30 minutes of the cooking time, you may add water and cornmeal in the dish. Once the dish is ready, garnish it with ingredients such as cheddar cheese, Fritos and sour cream.

## **Day 11**

For the 11<sup>th</sup> day, try something traditional and different. For the 11<sup>th</sup> day we suggest you go for Hungarian goulash which is a traditional yet a delicious dinner for your family. The dish has a lot of traditional flavors and your taste buds will love a change from the usual chicken and beef dinners. The best part about the dish is that it takes around 10 hours to get completed. So you will have a lot of time to complete all your chores before the dinner gets ready. Once you try this dish, you will definitely fall in love with it.

## **Hungarian Goulash**

Hungarian goulash is an old dish which is famous for its deliciousness and ease of cooking. The dish has a lot of ingredients but is still very easy to prepare. You will just have to dump all the ingredients in the pot and let the pot do the magic for 10 hours. This dish is best for days when you are super busy and have no extra time to cook a delicious meal. Let's see the required ingredients.

Stew meat: 2 pounds, cubed

Garlic cloves: 1 clove which should be minced

Sliced onion: 1

Worcestershire sauce: 2 tbs.

Ketchup: half cup

Paprika and salt: 2 tsp. each

Brown sugar: 1 tbs.

Water: 1 cup

Flour: half cup

Mustard: half tsp., dry

### **Method:**

The first step is to combine all the ingredients except onion and meat and make a mixture. Then you have to add meat, flour and onion in a pot and pour the mixture onto it. The final step is just to cover the pot and relax for 10 hours before the meat gets ready. Once 10 hours have passed, dissolve flour in little water and add in the meat. Cook for another 15 minutes and your dish will then be ready. You may enjoy the dish with noodles or rice.

## **Day 12**

For the 12<sup>th</sup> day, we have one of the easiest recipes for you. The recipe is dump-and-go in its literal sense because all you have to do is dump all the ingredients in a crock pot and let it cook for 6 to 8 hours on low. The dish is not just easy to make but very appealing in taste as well. You will love the flavors that the dish offers despite the fact that it is cooked in a crock pot. The dish is a simple dish of beef roast which will leave you craving for more and more.



## **Beef Roast**

This recipe of beef roast is known for its good taste and its ease of cooking. It will give you a lot of flavor gravy once it is ready so you should not expect the dish to be all dry and boring. You may also enjoy the dish with mashed potatoes because the potatoes will enhance the taste of the dish even more. Following are the ingredients that you will require to make this dish:

Shoulder roast: 4 lbs.

Cream of mushroom soup: 1 can

Cream of potato soup: 2 cans

Onion soup mix: 1 packet

Dr. Pepper: 2 cups

Creole: around 1 teaspoon for seasoning.

### **Method:**

The method is extremely simple. You just have to mix all the ingredients in a crock pot and forget about the dinner for 6 to 8 hours. The crock pot will cook on low and will return a mouthwatering dish once you are back to home after a tiring day at work.

## Day 13

The dish for the 13<sup>th</sup> day is Golden Chicken with Noodles. The dish is famous for its taste and the ease with which it can be made. Hence we have included this dish in the book so you can prepare it whenever you are short of time to prepare a good family dinner. The dish is very creamy and tasty and will leave you wanting for more and more.

## Golden Chicken with Noodles

The dish, which has the richness of chicken and a lot of different flavors to enjoy, will take around 7 hours to get cooked in a cooker on low. The dish will serve around 8 people of your family or friends but will hardly take 10 minutes to get prepared. Following are the ingredients required for this dish:

Skinless chicken breasts: 8

Cream of chicken soup: 2 cups, condensed

Lemon juice: 1/4<sup>th</sup> cup

Water: half cup

Mustard: 1 tbs.

Carrots: 8, sliced

Garlic powder: one and a half tsp.

Cooked egg noodles: 4 cups

Parsley: for garnishing

### Method:

Add all the ingredients in a cooker, except chicken breasts, noodles and parsley. Mix all the ingredients and then mix chicken in it. Make sure the ingredients cover the chicken well. The next step is simply to let the cooker do the job for around 7 to 8 hours. Until then, you may go out for work, relax at home or simply do shopping for yourself. Once you are back, the dish will be ready to eat. Sprinkle parsley on the top and eat it with noodles and buttered peas.

## Day 14

So the final recipe for the e-book is Ranch Chicken. It is again a slow cooker recipe which will hardly take 5 minutes to get prepared. If you search for the looks of the recipe on the internet, you will definitely find the dish to be appealing in taste. The good thing here is that the dish is as good in real as it looks in the picture. You may also believe that the dish is very complicated and will take a lot of your time. Read the recipe below, however, to see how easy this dish is.

## Ranch Chicken

This recipe is best for days when you are too busy to cook something good for your family. Ranch chicken is an easy solution for all those days when you desire a delicious meal but your tough schedule gives you no extra time to spend in the kitchen. This dish will take around 5 minutes to get prepared and around 5 hours to get cooked on a slow cooker. Let's see the ingredients required.

Chicken breasts: approximately 1 ¼ lbs.

Dry taco mix: 2 tablespoons

Chicken broth: one and a half cups

Dry ranch dressing mix: 1 tablespoon

### **Method:**

The method is fairly simple. You will just have to dump all the ingredients in a slow cooker and let the cooker do the magic within 5 hours. Once the chicken is cooked, shred it and place it in the pot for another 30 minutes. Your dinner will then be ready to enjoy.

## Conclusion

So we have mentioned a 14-day plan for you and your family to save you from the trouble of making dinners every day. Do try out the dishes we have mentioned in the book as they are all absolutely delicious and super easy to make. We are sure you and your family will love the dishes!

All the recipes are dump dinner recipes so you can dump all the ingredients in the pot and let the pot do the job for you. In the meantime you can go out, party, spend time in the office or simply take a beauty sleep to enhance your looks. You will have to do no extra hard work to put up a delicious meal for the family and you will love the ease with which the dishes can be created.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

So what are you waiting for? Try these dinner recipes today and save your life from the trouble of making tasty dinners every day!

# 14 Day Vegan Plan

*Lose weight and improve your health in just 14 days*

*Bonus Info On My Favourite Diet*

*Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)*

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**Introduction**



I want to thank you and congratulate you for downloading the book, “ *14 day Vegan Plan – Lose weight and improve your health in just 14 days* ” .

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape and feeling better, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, using the Vegan diet is a great way to start.

While your body ’ s natural energy level slows down as your age increases, that doesn ’ t mean that you should give up on your health goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you ’ ve always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by using vegetarian foods. This isn ’ t meant to be a fad to help you lose weight fast and feel healthier, but it should encourage you to use vegan foods to make healthier lifestyle choices, and reset your lifestyle in the process.

This book contains proven steps and strategies on how to enjoy a vegan diet, while eating a vast array of very tasty dishes. This book will also show you how to:

Make a variety of tasty dishes from scratch

Enjoy a vegan diet

Shop for your new diet, so you have all that you need in stock

Get a lot of nutrition from your diet

and so much more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.

## **Chapter 1: Benefits Of Going Vegan**

Many people are now deciding to make a dramatic change to their life by going vegan. While going vegan may seem somewhat restrictive to others, this way of eating is in reality a varied and nutritional one.

The great news about going vegan, is that it has a lot of benefits, some you may not even be aware of:

### **Great for your health**

One of the many reasons why people decide to become a vegan, is because it's very good for your health. The vegan diet is plant-based, and we all know that plants are very good for us. Diets that are low in fat, high in a wide range of vitamins and minerals, as well as protein, are key to keeping us healthy.

What's more is a vegan diet can help to protect you against a wide range of illnesses and conditions such as: Heart disease, cancer, obesity, diabetes and so much more. It's no wonder more and more people are deciding to go vegan!

### **Great for animals**

We have all seen the unnecessary suffering that animals have to go through, just because we want to eat meat. Becoming a vegan is your way of saying "No" to the suffering. When you no longer buy meat, you affect local and international meat production, which means fewer animals are slaughtered for the dinner table.

### **Great for the environment**

Not a lot of people know that a vegan lifestyle is actually great for the environment. This is because it helps to lower the carbon footprint that is associated with keeping animals, and the packaging that comes with the meat.

Did you know that if half of the world's population became vegan, fewer people would starve? This is because cattle and other animals need to graze on a lot of land. If half of the world's population became vegan, then less land would be needed for the cattle. This would then mean that the land could be used to grow crops. 1 field's worth of crops will typically feed a lot more people, than a field of cattle will. What's more is if you enjoy a plant-based diet, then food will typically become more affordable as there will be a lot more of it around.

As you can see, there are a lot of benefits to going vegan. Not only can you help to ensure that there's more food for everyone, but you will also have more energy, better skin and you'll generally be a lot healthier too. It's no wonder then that more and more people are adopting a vegan way of life.

You may be planning to go vegan for just 14 days in order to help you detox, and benefit from the wide range of vegan-friendly foods that are available. If this is the case, you won't need to think about going vegan in the long-term just yet, unless you're absolutely sure that this is something you want to do. I would like to encourage you to go completely vegan. If this is not something you can do for whatever reason, then why not think about going vegan for at least one week every month, as you'll feel the benefits, and so will the environment.

## **Chapter 2: Starting the Vegan Diet**

Starting a new diet is not going to be easy, but it is something that with a little bit of effort, you can enjoy. It doesn't matter what type of diet you start, you'll need to make a concerted effort to try new foods, and keep going when things get a little tough.

The good news is that you can make the switch to a vegan diet a lot easier on yourself. With a little bit of time, and a little bit of effort, you will soon find that you've enjoyed a vegan diet, and started to feel better for it.

### **Don't assume that it's going to be easy**

Unfortunately no dramatic diet change is going to be easy, but with a little will power, you can become completely vegan, or ensure you get through the 14 day vegan plan unscathed. You may make a few mistakes along your journey, including finding out the meal you've eaten contains cheese, meat or other products. This happens from time to time, but don't be alarmed, just carry on eating vegan foods and do what you can to prevent it from happening again.

### **Work out what you can and can't eat**

At first, you may feel as if your diet is very restricted, but the truth is, it's only as restricted as you think. When I first became vegan, I thought it would really struggle, but the truth is there's a lot more food out there than you think.

Work out what you can eat, and think about those foods you need to stay away from. This will take you a while to get the hang of, but you'll become used to it. When I became vegan, I would make lists of the foods it's ok to enjoy, and those I need to stay away from. After a while, I didn't need to look at the lists any more, as with time, I knew what kind of foods would go on which list.

### **Find out what suitable meat and dairy alternatives there are**

The great news is that there are a lot of tasty alternatives available. From your local health food store, to your local supermarket, there are vegan-friendly foods almost everywhere.

There will of course be some foods that you love, and some you hate, but it's all just trial and error. Find out what vegan foods you love, and stay away from those you really don't like. You won't do yourself any favors by forcing yourself to eat something that doesn't taste good. Eat the foods you enjoy, and you're more likely to stick with the vegan plan.

### **Find out where you can source your foods**

As I mentioned above, you can source your foods from health food stores and supermarkets. You can also find vegan foods online too, and even at specialist vegan stores or events. The easier it is for you to get hold of the food you need, the easier you'll find a vegan lifestyle.

### **Ask someone to join you on your journey**

Even if you're only planning to become vegan for 14 days, you should ideally ask someone to join you on your journey. This is because it will make your journey so much easier. You will be able to compare notes, and talk about your struggles. You'll also be able to recommend ways of cooking food, and what you should and shouldn't avoid.

Trust me, if you're planning to change your eating habits for two weeks, bringing someone along with you will make it a lot easier.

### **Reward yourself from time to time**

Giving yourself a reward from time to time, is the best way to keep your motivation levels high. The sort of reward you give yourself is completely up to you, but it should be one that doesn't affect the success of your vegan diet. Eat out at a posh vegan restaurant, go to the movies, enjoy visiting your favorite place, or meet up with a friend or family member, and do something you both love.

Set yourself a goal (Such as reaching the end of the 14 day vegan plan), and reward yourself.

### **Learn to cook delicious dishes from scratch**

Because there are so many very tasty dishes out there, just waiting for you to try them, you will be missing out if you don't learn how to cook them from scratch. There are pre-packaged vegan meals available, but they're often expensive, and they might not be as nutritional as you'd like.

Learn to cook from scratch, and enjoy creating some very tasty meals that give your body the nutrition it needs.

### **Shopping Guide**

Not everyone knows exactly what vegans eat, they largely think we eat vegetables, lentils and tofu, but the truth is, our diet is a varied one.

#### Agar agar:

If you're making a dish that calls for gelatin, use agar agar instead as it's the ideal substitute.

#### Beans:

Beans are an excellent source of protein, they taste great and they can have a meaty texture to them as well. Buy and use all sorts of beans, and enjoy them as part of your diet. Please make sure that if you buy prepared or pre-packaged beans, that they are still vegan-friendly.

#### Brown rice:

Brown rice is much more nutritious than its white counter-part, so use this instead.

### Butter-like spreads:

Non-hydrogenated spreads

### Couscous:

Opt for whole-wheat couscous if you can, as it's a lot more nutritious than the regular stuff.

### Dairy-free cheese:

You can now buy many different brands and flavors of dairy-free cheese. Available in slices, with a cream-cheese like consistency, grated or flavored, there's no reason for you to feel like you're missing out on cheese at all.

### Egg substitutes:

Egg substitutes can be a great alternative, and they also taste pretty good too. You can buy vegan egg yolks, but they are hard to find, so you may have to stick with the dried substitute for now.

### Fruits and vegetables:

A vegan diet can contain as many fruits and vegetables as you like. Just make sure that if you're buying prepared fruits and vegetables, that they are vegan-friendly.

### Milk:

Almond

Rice

Hemp

Soy

### Nutritional yeast:



Nutritional yeast is used to give foods a cheese-like consistency. It's cholesterol-free and is perfect for using in cheese flavor sauces.

#### Nuts:

Nuts are incredibly high in protein, and they can be added to a variety of dishes, and they can also be enjoyed on their own. If you're missing a meaty flavor and texture, I recommend eating chestnuts, as they are very meaty.

#### Pasta:

Pasta comes in all shapes and sizes, and it's one of those foods that can make a meal out of just a few ingredients. If you want to go extra-healthy, opt for whole-wheat or multi-grain pasta.

#### Quinoa:

Quinoa doesn't just taste great, but it's also very high in protein, and it can be added to a wide range of dishes.

#### Seitan:

This is made from wheat gluten and can be fried or baked. Seitan is a great source of protein, but it's also good if you want your dishes to be chewy.

#### Soy yogurt:

Available in different flavors, soy yogurt can be a real treat.

#### Tempeh:

This is a soy bean based meat-substitute, that is quite thick and has a savory flavor. It's absolutely ideal for grilling.

#### Tofu:

This can be added to a wide range of dishes, and is made from soy bean curd. It's best used as a means of soaking up flavor from other ingredients.

### Vegetable burgers:

Vegetable burgers can be a tasty and nutritious alternative to meat-containing burgers. The trouble is that veggie burgers can also be high in fat, so make sure you check out the fat content before you buy them.

There are many other vegan-friendly foods available, but if I added them all, the list would go on and on. The more you delve into the vegan world, the more ingredients and foods you will discover. Don't be afraid to search the internet, and your local stores for other ingredients, as you could find something quite special.

## **Key Foods and Ingredients**

Take a look at the nutrients I mention, and the foods that contain them. This will help you to refine your shopping list so you end up eating a wide variety of tasty and nutritious foods:

\*Please note, there are many other foods you can eat, but the list below shows those foods that are particularly nutritious.

### Calcium:

Almonds

Flaxseed

Soy beans

Broccoli

Kale

Sunflower seeds

Chick peas

Lentils

Tempeh

Hazelnuts

Kidney beans

Tofu that contains

calcium sulphate

Fortified breakfast cereals

Navy beans (Haricot beans)

Fortified non-dairy milk

Okra

Fortified non-dairy yogurt

Oranges

Fortified orange juice

Pinto Beans

Fortified soy products

Pistachio nuts

Figs

Sesame seeds

### Iron:

Chickpeas

Navy beans (Haricot beans)

Fortified vegetable burgers

Pinto beans

Fortified soy products

Quinoa

Goji Berries

Raisins

Kidney beans

Soy beans

Lentils

Tofu

### Omega 3's:

Flaxseed oil

Ground flax seeds

### Protein:

Beans

Tempeh

Lentils

Tofu

Nuts

Vegetables

Seeds

### Vitamin B12:

Nutritional yeast

Non-dairy milk

Fortified breakfast cereals

Vegan Vitamin B12 supplements

Fortified foods

### Vitamin D:

Vegan Vitamin D supplements

## **Chapter 3: Diet Plan (14 Day Guide)**

In order to get the most from your diet plan, you may want to think about giving yourself a bit of an advantage. If you're thinking of going vegan so that you can lose some weight, and improve your health, then check out the advice that I have written below:

### **Water**

Staying hydrated is so important, not only does it ensure your body isn't lacking fluids, but it's also essential in other ways too. Drinking enough water will leave you feeling less stressed, it will help to banish toxins, and your skin will be so much better for it. Incredibly, having enough water will also help you to lose weight, and sleep better at night. There really is no reason for you not to have 8 glasses of water per day.

### **Exercise**

Exercise is crucial if you want to stay in shape, and as you'll have more energy thanks to your vegan diet, you'll feel more inclined to exercise. Don't assume that because you're not consuming meat and dairy products that you cannot exercise. If vegan bodybuilders can exercise without eating meat, you can too.

### **Meal times**

Meal times should be a regular thing, and you should never skip a meal, even if you're not feeling hungry. Always have something to eat, as it will get your metabolism going, and that means you're more likely to lose weight.

Another important note, is that you should never skip breakfast. Those who don't have any breakfast are more likely to be overweight. This is because breakfast gets your metabolism working, and it gives you the energy you need to get going.

Below you will find a guide as to the kinds of foods you should think about eating during your 14 day vegan plan. This guide is just as suggestion, and you may find that you prefer to eat other meals.

Take a look at the plan below, and tailor it to your needs and tastes if you wish. One of the most important things you should do, is to enjoy eating a vegan diet, as you're likely to have more success.

\*Please note, the recipes for some of the dishes can be found in the next chapter.

### **Day One**

Breakfast: Fortified breakfast cereal or mango and coconut smoothie

Snack: Peanut butter and pecan bites

Lunch: Chickpea salad

Snack: A piece of fruit or vegan yogurt

Dinner: Chickpea and spinach curry

### **Day Two**

Breakfast: Fortified breakfast cereal or mushroom and tomato pancakes

Snack: Fruit

Lunch: Japanese noodles

Snack: A piece of fruit or vegan yogurt

Dinner: Lentil lasagna

### **Day Three**

Breakfast: Fortified breakfast cereal or vegan yogurt with granola

Snack: Trail mix

Lunch: Spinach salad

Snack: A piece of fruit or vegan yogurt

Dinner: The meal of your choice (Treat yourself)

### **Day Four**

Breakfast: Fortified breakfast cereal or a bagel with vegan-friendly cream cheese

Snack: Fruit smoothie

Lunch: Mexican salad

Snack: A piece of fruit or vegan yogurt

Dinner: Baked potato with vegan-friendly eggs and salad

### **Day Five**

Breakfast: Fortified breakfast cereal or Scrambled tofu

Snack: Apricot protein bar

Lunch: Coconut and bean soup

Snack: A piece of fruit or vegan yogurt

Dinner: Loaded bell peppers

### **Day Six**

Breakfast: Fortified breakfast cereal or Vegan-friendly French toast

Snack: Seed mix

Lunch: Tofu with tamarind

Snack: A piece of fruit or vegan yogurt

Dinner: Veggie burgers with salad

### **Day Seven**

Breakfast: Fortified breakfast cereal or non-dairy yogurt with fruit

Snack: An apple or orange

Lunch: Baked potato with vegetables

Snack: A piece of fruit or vegan yogurt

Dinner: Quick veg pasta

## **Day Eight**

Breakfast: Fortified breakfast cereal or mango and coconut smoothie

Snack: Peanut butter and pecan bites (Energy bites)

Lunch: Chickpea salad

Snack: A piece of fruit or vegan yogurt

Dinner: Chickpea and spinach curry

## **Day Nine**

Breakfast: Fortified breakfast cereal or mushroom and tomato pancakes

Snack: Fruit

Lunch: Japanese noodles

Snack: A piece of fruit or vegan yogurt

Dinner: Lentil lasagna

## **Day Ten**

Breakfast: Fortified breakfast cereal or vegan yogurt with granola

Snack: Trail mix

Lunch: Spinach salad

Snack: A piece of fruit or vegan yogurt

Dinner: The meal of your choice (Treat yourself)

## **Day Eleven**

Breakfast: Fortified breakfast cereal or a bagel with vegan-friendly cream cheese



Snack: Fruit smoothie

Lunch: Mexican salad

Snack: A piece of fruit or vegan yogurt

Dinner: Baked potato with vegan-friendly eggs and salad

## **Day Twelve**

Breakfast: Fortified breakfast cereal or Scrambled tofu

Snack: Apricot protein bar

Lunch: Coconut and bean soup

Snack: A piece of fruit or vegan yogurt

Dinner: Loaded bell peppers

## **Day Thirteen**

Breakfast: Fortified breakfast cereal or Vegan-friendly French toast

Snack: Seed mix

Lunch: Tofu with tamarind

Snack: A piece of fruit or vegan yogurt

Dinner: Veggie burgers with salad

## **Day Fourteen**

Breakfast: Fortified breakfast cereal or non-dairy yogurt with fruit

Snack: An apple or orange

Lunch: Baked potato with vegetables

Snack: A piece of fruit or vegan yogurt

Dinner: Quick veg pasta

The 14 day vegan plan is a very healthy and sustainable plan that can help you to improve your health, give you a lot more energy, and help you to lose weight. This plan has been specifically designed to ensure that you enjoy a balanced and tasty diet, while ensuring that you also have a lot less impact on the environment. The plan also allows you to stay meat and dairy-free, without missing foods that are unethical to eat.

## **Chapter 4: Breakfast Recipes**

### **Mango and coconut smoothie**

#### **Ingredients:**

200 ml's of dairy-free coconut milk

1 banana

1 tablespoon of ground flaxseed

4 tablespoons of vegan-friendly yogurt

1 tablespoon of sunflower seeds

1 tablespoon of pumpkin seeds

120 grams of frozen or chilled mango chunks

#### **Method:**

Place all of the ingredients into a smoothie maker or a blender, and blend until smooth. Once smooth, pour into a glass and serve.

## **Mushroom and tomato pancakes**

Ingredients: (Makes 8)

140 grams of self rising flour

400 ml's of soy milk

A pinch of salt

1 teaspoon of soy flour

2 tablespoons of vegetable oil

250 grams of small mushrooms

2 tablespoons of soy milk or cream

250 grams of halved small tomatoes

A handful of pine nuts

### **Method:**

Sift all of the flour, and place it in a blender, and then add the milk. Blend until the mixture is smooth. Now pour approximately 3 tablespoons of the mixture into a frying pan, and cook until there are bubbles forming in the mixture. Now it's time to turn the mixture over, and cook on the other side, until it's a nice golden brown color.

Once the mixture is brown, remove and place on a plate. Now repeat with the remaining mixture.

As the pancakes are cooling, place the mushrooms in the frying pan, and cook until they are tender. Now add the tomatoes and cook for approximately 2 minutes. Add the soy milk or cream, and pine nuts and cook on a low heat until the ingredients have combined.

Take 2 plates and place 4 pancakes on each, and top with the mushroom and tomatoes, and serve.



## **Vegan-friendly French Toast**

Ingredients: (Serves 3)

2 tablespoons of flour

1 cup of soy milk

1 tablespoon of nutritional yeast

1 teaspoon of vanilla

1 teaspoon of sugar

6 slices of whole-wheat bread

A pinch of nutmeg

### **Method:**

Add all of the ingredients to a bowl, apart from the bread, and mix to combine. Now dip the bread into the mixture until it's coated. Take a griddle or a frying pan, and cook the soaked bread until it has browned on one side, and then turn over, and repeat. Serve.

## **Scrambled Tofu**

Ingredients: (Serves 3)

2 teaspoons of olive oil

16 ounces of rinsed and chopped tofu

Half a teaspoon of dried onion

3 tablespoons of nutritional yeast flakes

A handful of mushrooms

1 sliced small onion

1 clove of garlic

1 and a half tablespoons of soy sauce

Ground white pepper

### **Method:**

Cook the tofu in a skillet on a medium heat, and stir until golden brown. Add the onion, and yeast, and stir until the tofu is nicely coated. Now Add the olive oil, mushrooms, onions and garlic, and cook until the mushrooms are nice and tender. Now sprinkle the soy sauce and white pepper, and stir until all the liquid has been absorbed. Serve.

## **Chapter 5: Lunch Recipes**

### **Chickpea Salad**

Ingredients: (Serves 5 – 6)

200 grams of cooked bulgur wheat

1 diced leek

50 grams of pine nuts

The juice of 2 lemons

3 tablespoons of olive oil

400 grams of chick peas

50 grams of raisins

4 tablespoons of parsley

A handful of lettuce leaves and red pepper

1 chopped stick of celery

1 chopped radish

#### **Method:**

Toast the pine nuts gently until they are golden brown, and then mix all of the ingredients together in a bowl. Season if you wish, and serve.



## **Japanese noodles**

Ingredients: (Serves 2)

200 grams of soba noodles

1 thinly sliced red pepper

100 grams of snap peas

2 tablespoons of water

2 teaspoons of toasted sesame seeds

Half a sliced cucumber

2 tablespoons of soy sauce

2 tablespoons of rice vinegar

2 tablespoons of tahini paste

1 tablespoon of sugar

### **Method:**

Combine the water and tahini, and then add the soy sauce and stir. Now add the vinegar and sugar and stir once more, and place to one side.

Cook the noodles and divide them between 2 plates or bowls. Add the snap peas, cucumber and pepper, and then pour the dressing over. Sprinkle the sesame seeds on top, and serve.

## **Spinach salad**

Ingredients: (Serves 4-5)

2 tablespoons of rice vinegar

2 tablespoon of olive oil

1 tablespoon of toasted sesame oil

2 tablespoons of fresh orange juice

1 clove of garlic

1 tablespoon of agave nectar

A quarter of a tablespoon of smoked paprika

2 chopped medium sweet peppers

Half a sliced onion

A bunch of chopped spinach

Half a sliced orange

Sesame seeds for the garnish

### **Method:**

Place the rice vinegar, olive oil, orange juice, agave nectar, sesame oil, smoked paprika and garlic into a blender, and blend until the ingredients have combined. Set to one side, and then add the onions, spinach, orange slices, pepper and onions to a large bowl, and combine.

Now sprinkle the orange and sesame dressing onto the ingredients, and add some sesame seeds. Serve.

## **Mexican salad**

Ingredients: (Serves 4)

1 teaspoon of Mexican seasoning

3 chopped flour tortillas

1 tablespoon of olive oil

1 shredded iceberg lettuce

200 grams of halved small tomatoes

400 grams of drained black beans

The juice of 1 lime

2 peeled and sliced avocados

Half a bunch of coriander leaves

### **Method:**

Add the tortilla pieces to a baking tray, and add the seasoning and olive oil. Cook on 200 C for approximately 10 minutes, or until the tortilla pieces are crispy.

Now take the beans, lettuce and tomatoes and place them in a bowl, and add the lime juice and avocado and toss to combine.

Once the tortillas are done, place them in a bowl and add the remaining ingredients, and toss again. Serve.

## **Coconut and bean soup**

Ingredients: (Serves 4)

Half a bunch of sliced spring onions (Greens and whites separated)

1 tablespoon of sunflower oil

1 diced red pepper

1 teaspoon of dried thyme

1 chopped clove of garlic

1 chopped chili that's been squashed into a paste

The juice of 2 limes

1 teaspoon of all-spice

1 teaspoon of curry powder

800 grams of coconut milk

3 chopped plum tomatoes

1 vegetable stock cube

410 grams of kidney beans

410 grams of black eyed peas

410 grams of pinto beans

### **Method:**

Add the sunflower oil to a saucepan, and then add the pepper, the white of the spring onions, garlic, and chili paste. Cook for approximately 5 minutes until the ingredients are soft. Now add the spices, thyme and curry powder, and cook for 1 more minute. Add the tomatoes, and cook for 2 minutes.

Now take the stock cube and add it to the pan, then add the coconut milk and all of the beans. Simmer the ingredients for about 10 minutes. Remove from the heat, and add the

lime juice and most of the spring onion greens.

Divide the soup between bowls, and add the remaining spring onion greens. Serve.

## **Tofu with tamarind**

Ingredients: (Serves 4)

2 tablespoons of vegan-friendly margarine

2 packets of tofu

2 minced shallots

Salt and pepper to season

2 cloves of minced garlic

3 chopped tomatoes

A quarter of a cup of water

A quarter of a cup of ketchup

2 tablespoons of dark sugar

2 tablespoons of mustard

3 tablespoons of molasses

1 teaspoon of cayenne

2 tablespoons of tamarind concentrate

1 tablespoon of paprika

1 tablespoon of chili powder

1 tablespoon of soy sauce

### **Method:**

Chop each packet of tofu into quarters and season before setting to one side. Now add the margarine to a saucepan and heat on a medium to high setting. Add the garlic and shallots and saute for about 2 minutes. Now add all of the remaining ingredients apart from the tofu and cook for approximately 15 minutes.

Once the 15 minutes is up, add the ingredients to a blender and blend until the mixture is smooth. Now place the ingredients back in the saucepan and cook for a further 15 minutes,

and then allow to cool.

Pour the mixture over the tofu, and then place the tofu in the refrigerator for about 3 hours. Once 3 hours is up (You can marinade the tofu for longer if you wish), remove the tofu from the marinade and grill both sides until grill marks show on the tofu. Now brush both sides of the tofu with the tamarind, and serve.

## **Chapter 6 : Dinner Recipes**

### **Chickpea and spinach curry**

Ingredients: (Serves 6)

2 cloves of chopped garlic

100 grams of spinach leaves

1 chopped onion

6 tomatoes

Half a teaspoon of oil

1 and a quarter inches of ginger that's been grated

1 teaspoon of ground cumin

1 teaspoon of turmeric

2 teaspoons of ground coriander

1 chopped head of broccoli

1 teaspoon of yeast extract

A pinch of chili flakes

4 tablespoons of red lentils

400 grams of chick peas

6 tablespoons of coconut cream

1 halved lemon

1 tablespoon of chopped cashew nuts

1 tablespoon of toasted sesame seeds

Method:

Place the garlic, onion, tomatoes and ginger into a blender, and blitz until you get a puree.



Now fry all of the spices in a large pan for 2-3 seconds, and then add the yeast extract and puree. Cook until the ingredients are bubbling, and then add the coconut cream and lentils. Cook until tender, and add the broccoli, and cook for another 4 minutes. Now add the spinach and chickpeas, and stir. Squeeze in the lemon juice, and add the cashew nuts and sesame seeds, and stir again. Serve.

## **Lentil Lasagna**

Ingredients: (Serves 4)

1 chopped celery stick

1 tablespoon of olive oil

1 chopped carrot

1 chopped onion

1 crushed clove of garlic

1 tablespoon of cornflour

800 grams of lentils

2 chopped cauliflower

1 teaspoon of mushroom ketchup

1 teaspoon of dried oregano

2 tablespoons of soy milk

1 teaspoon of powdered vegetable stock

9 egg-free dried lasagna sheets

A pinch of nutmeg

Method:

Place the oil, carrot, onion and celery in a pan and cook for about 15 minutes until the veg has gone soft. Now add the garlic and cook for 2 minutes, before stirring in the cornflour and lentils. Add 2 cups of water, the mushroom ketchup, tomatoes, stock and oregano and simmer for 15 minutes.

While the above ingredients are cooking, take another pan and cook the cauliflower for about 10 minutes so it's tender. Drain away the water, and add the soy milk and puree in a blender. Now add the nutmeg, stir and place the lentil mix in a baking dish (20 x 30 cm)

and cover with 1 layer of lasagna. Add some more lentil mix, some puree, then some lasagna and continue until there are 3 layers of lentil mix, lasagna sheets and puree.

Cook in the oven, covered loosely for about 45 minutes, and serve.

## **Loaded bell peppers**

Ingredients: (Serves 2)

A quarter of a cup of diced onion

2 diced sun-dried tomatoes

1 cup of water

1 cup of diced canned tomatoes

2 seeded bell peppers

1 vegetable stock cube

Three-quarters of a cup of brown rice

Half a cup of red wine

2 halved garlic cloves

1 cup of veggie crumbles

Method:

Add the sun-dried tomatoes, garlic and onion to a pan and cook on a medium to high heat until the tomatoes are soft. Then add the boullion cube and canned tomatoes and simmer for 15 minutes.

Add the tomatoes, wine and rice and simmer until the rice is cooked.

Add the veggie crumbles and stir, remove from the heat and take out the garlic. Add the mixture to the peppers and cooked them in the pan, and cover with the sauce. Cook until the peppers are tender. Serve.

## **Quick veg pasta**

Ingredients: (Serves 5)

14 ounces of uncooked pasta

Vegetables of your choice

3 teaspoons of mixed herbs

Salt and pepper to season

3 tablespoons of olive oil

Method:

Preheat the oven to 400C. Chop and combine your chosen vegetables, add the olive oil and stir. Now sprinkle on the herbs and season. Place the vegetables in a dish and cook for approximately 30 minutes, or until the vegetables are soft.

Boil the pasta in a pan until it's done, drain and place in a bowl. When the vegetables are done, add them to the bowl, mix and serve.

## **Chapter 7: Snacks and Appetizers**

### **Peanut butter and pecan bites**

Ingredients: (Makes 8)

75 grams of raisins

100 grams of pecans

1 tablespoon of agave syrup

1 tablespoon of ground flax seed

1 tablespoon of cocoa powder

2 tablespoons of dessicated coconut

2 tablespoons of peanut butter

Method:

Blitz the pecans in a blender until they are like crumbs, and add the peanut butter flax seeds, raisins, agave syrup and cocoa powder. Pulse the ingredients to combine.

Now shape the ingredients into balls and roll in the coconut, and chill for 20 minutes. Serve.

### **Apricot protein bar**

Ingredients: (Makes 14)

40 grams of oats

25 grams of sunflower seeds

140 grams of dried apricots

3 tablespoons of hemp protein powder

15 grams of dried cranberries

1 tablespoon of chia seeds

40 grams of dessicated coconut

1 tablespoon of sesame seeds

#### Method:

Place the apricots in a blender with 150 ml's of boiling water and puree. Add the oats, and then place the mixture in a bowl. Place the coconut, sunflower and sesame seeds in a pan and toast on a low heat. Add the cranberries and apricots, chia seeds and hemp powder, and make a paste.

Now roll the mixture onto some food wrap and make it log-shaped. Place in the refrigerator and chill. Serve.

### **Fruit smoothie**

Ingredients: (Makes 1 large glass)

1 cup of rice or soy milk

1 chopped banana

1 tablespoon of maple syrup

Half a cup of strawberries (Or any other fruit you wish)

A sprinkle of cinnamon

#### Method:

Add all the ingredients to a smoothie maker or blender, and blitz until smooth. Serve.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to Lose weight and improve your health in just 14 days.

The next step is to shop for the ingredients so you can enjoy eating a healthy but delicious diet!

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!



# 14 Day Tea Cleanse Plan

*Program To Lose Up To 10 Pounds And Live A Healthier Life*

*Bonus Info On My Favourite Diet*

*Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)*

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “ 14 DAY TEA CLEANSE: *14 Day Program To Lose Up To 10 Pounds* ” .

This book contains proven steps and strategies on how to shed the extra pounds and live a healthier, happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, going on a tea cleanse is one of the most effective ways to get started on a healthier lifestyle.

While your body ’ s natural capacity to burn stored fat can slow down with age, that doesn ’ t mean that you should give up on your fitness goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you ’ ve always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by going on a tea cleanse. This isn ’ t meant to be a fad diet to help you lose weight fast, but it should encourage you to use tea detox to make healthier lifestyle choices, and reset your lifestyle in the process.

### **This Book Will Teach You:**

Which teas are full of powerful antioxidants

Why you need antioxidants in your life

How to use water, exercise and healthy eating, in addition to the tea cleanse in order to boost your weight loss

What you should avoid

How to make your own tea from scratch

and so much more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.

## **Chapter 1 : Health Benefits of Tea**

### **What Is The Tea Cleanse?**

The tea cleanse is a special detox program that can help you to lose weight, by helping you to harness the detoxifying power of tea. Our lifestyles are perhaps not as healthy as they could be, and due to the foods that we eat, as well as the air that we breathe, chemicals can build up in our body.

The tea cleanse can help to remove the build-up of chemicals and other toxins, by flushing them out of your system. Ideally we should all detox once a month, but it isn't always easy, and we don't always have enough time to dedicate ourselves to the program. The good news is that the 14 day tea cleanse program doesn't last long, and it's relatively easy to undertake.

This program asks you to drink green tea, as well as other healthy teas that don't just have detoxification benefits, but other health benefits too. Using this program can help you to lose up to 10 pounds in just 14 days, without you going hungry. In fact, we actively encourage you to keep eating, just make sure that you enjoy a healthy balanced diet, and you get plenty of exercise.

### **Getting Rid Of Toxins**

One of the major benefits of a tea cleanse is that it can help to get rid of toxins. Toxins build-up in our body without us realizing, and they are well-known for having a negative impact on our health. Cancers and other conditions can be caused by a build-up of toxins. In order to cleanse your system of toxins that are caused by the processed foods you eat, the air that you breathe and the tobacco you smoke, you should consider drinking detoxifying teas.

Incredibly detoxifying teas can help you to fight cancer, diabetes, dementia and heart disease. It's also thought that those with high cholesterol may also benefit from drinking

teas as they may reduce the cholesterol level.

## **Drinking Tea Daily**

Drinking detoxifying teas daily, can help you to flush out those nasty toxins, while also encouraging weight loss. Ideally, you should drink a cup of tea before or with breakfast, one before or with your lunch, and again when you eat in the evening.

As you can see, this plan pays special attention to what you drink, and less with regards to what you eat. This is because drinking the 'Right' fluids can have a huge impact on your health, and your weight.

Incredibly, many people fail to understand the difference between hunger and thirst. This is why we encourage you to have a drink when you feel hungry, as changes are your body wanted to consume fluids, rather than food. This small change can have a huge impact on your weight, as you will be taking in fewer calories.

This is not to say that you should dramatically cut down on your food intake. You should be sensible about what and how much you eat, but you may want to drink some tea before you eat, and then go on to eat something if you find that you're still hungry.

## **Drinking Plenty Of Water**

Drinking plenty of water is an integral part of the tea cleansing program. We should all drink more water anyway, but it is especially important now. Drink eight glasses of water each and every day. Water is ideal for helping to flush out those nasty toxins, but it can also help to reduce stress and promote a good nights' sleep. What's more is if you're constipated, drinking water can help to relieve the issue.

A great way for you to make sure you get enough water every day, is to have a glass of water next to or near you, so you can get to it easily.

## **Benefits Of Tea**

We have already touched on a few benefits of the tea cleansing program, but you may be interested to know that there are quite a few more.

-Using this program could not only help you to lose up to 10 pounds in 14 days, but it can also:

-Rehydrate you

-Help to boost your immune system, making you less susceptible to colds and flu

-Is thought to help prevent Alzheimer ' s, and other neurological and degenerative conditions.

-Boosts your metabolism, which means you'll burn fat and calories faster

-Reduce your stress levels thanks to the extra fluids you're taking in

-Increases your energy levels

-Encourage bowel movements, due to the diuretic properties of tea, and the extra fluids you're drinking

-Strengthen your tooth enamel and prevent bad breath

-Make you less prone to urinary tract infections

-You get to enjoy some great tasting teas, that can add a bit of something special to your day.

## **Chapter 2 : Starting The Tea Cleanse**

Starting the tea cleanse may not be as easy as you could be led to believe. This is after all, a cleansing plan that requires a lot dedication.

If you're not used to drinking a lot of fluids, you could find the program quite challenging.

Fear not! I have come up with some helpful tips that could make your tea cleansing journey a little easier

### **Helpful Tips:**

#### **When To Drink Tea**

Ideally, you should drink a cup of tea before or with breakfast, one before or with your lunch, and again when you eat in the evening. It may be hard for you to drink a lot more fluid than you're used to, so please make sure that you only drink tea that you like. This will ensure you stick to the program, which in turn means you're likely to lose up to 10 pounds.

#### **How Do I Make Tea?**

Let's face it, not everyone out there is a tea aficionado. We don't all know how to make the perfect cup of tea, or even a really nice one. But don't worry, it's fairly simple, and after a while it will become second nature.

Add two grams of your chosen tea leaves to an infuser, and place the infuser in a cup. Alternatively, add a tea bag to a cup.

Pour in some boiling water, and almost fill the cup up.



Stew the leaves or tea bag for three to five minutes.

Remove the infuser or tea bag from the cup.

Add a touch honey or lemon to taste if you wish.

Enjoy the tea hot or cold.

### **Cleanse With A Friend**

This program is not going to be as easy as you may think. It's likely that you will find it tough to drink a lot more fluids. It's also likely that it will be hard to find the motivation to stick to the program, but it's the only way you're going to lose weight and detox in the process.

Ask a friend to join you so that you can both share the difficulties and the rewards. Cleansing with a friend won't leave you feeling isolated, and it will also give you a chance to compare notes, and that's never a bad thing.

### **Don't Push Yourself Too Much**

Occasionally the going will get tough, and you will feel like giving in. While it's important to keep yourself going, you should make sure you don't push yourself too much. If you're struggling, take a break for a day or two, and then get back to the program. Carry on where you left off, and don't be too hard on yourself.

Starting a new cleansing program could be vastly different to anything you have ever done before. There will be times when you feel like giving up, but accept the difficulties. Perhaps giving yourself an odd break, and then carrying on is best until you find your feet and become used to the program.

## **Make A Note Of When You Drink**

Making a note of when you drink is a good way to track your progress. There may be times when you have forgotten to drink, whereas there may also be times when you simply don't want to. Keeping a note of how many times you have drunk some tea, and perhaps some water too, can ensure that you know where you are in the 14 day program.

## **What Tea Do I Drink And When?**

There are some tea cleansing programs out there that tell you exactly what tea you should drink and when. A lot of these programs tell you that only specific brands of teas can be drunk. Unless you want to pay a subscription fee every month for tea that tastes good, but works just as well as other naturally detoxing teas, I would suggest making up your own mind. Try to have at least 2 different types of antioxidant tea per day, so you reap the benefits. Please refer to the shopping guide below for details about which teas are suitable for the 14 day tea cleanse program.

If you plan to do the program more than once, you may want to think about experimenting with different teas. This will help you to get a feel for what is out there, and you're more likely to come across some teas that work well, or just taste great.

### **Shopping Guide:**

Some people are more than happy to source all of the ingredients they need to make their detoxing tea, before mixing the ingredients up and creating a home made brew. This process can be quite difficult as it means you will need to buy various boxes or bags of tea, and know exactly how much of each type of tea you need in each serving.

Others are happy to buy the tea as it comes, and use it as directed. This is a much easier way, as there is very little preparation involved. There is no right or wrong way to prepare your tea, but if you have a busy lifestyle, or you're worried that you may not stick to the program, then opt for prepackaged tea.

### **Bleached Tea Bags**

One point I would like to add is that a lot of tea comes in tea bags that have been bleached. Bleached tea bags are white, unbleached teabags are darker. Many organic teas come in tea bags that haven't been bleached, and if you don't fancy using tea bags that have been bleached with chemicals, opt for unbleached ones. Alternatively, you may want to look for

tea bags that have used a chlorine-free process known as TCF.

The teas I recommend include:

### Burdock Tea

Used for centuries as a means of purifying the blood, Burdock tea is one of the lesser known antioxidant teas, but this doesn't mean it won't work. Burdock is a natural diuretic, which means it will flush out excess fluids, as well as helping to rid your body of those nasty toxins. What's more is this lovely sweet tasting tea is also thought to boost the immune system.

### Cilantro Tea

Cilantro doesn't just taste great, but it's also a great detoxifier too. What's more is you can also use this great herb as a tea in order to fight infections. With a gentle, calming flavor, Cilantro tea is also thought to be a great anti-arthritis too.

### Green Tea

Green tea is perhaps one of the better known antioxidant teas. Most of us know that it's very good for us, but many of us aren't sure why. As well as being a particularly effective antioxidant, green tea also works to eliminate fat from your body, while also helping you to get rid of water retention.

Green tea can taste a little odd when you first start drinking it, but don't worry, you will get used to the flavor. Try different brands of green tea, as some flavors will be stronger than others. If you struggle to get to grips with the flavor, why not look for a mint/green tea combination?

### Ginger Tea

In addition to tasting great, Ginger tea is pretty good at helping you to detox. What's more is it also helps to aid digestion, boost your circulation, and even wake you up a little in the

morning thanks to its slightly tart flavor.

### Milk Thistle Tea

Milk Thistle tea is great for your digestion, and it's also incredibly good at helping to detox your liver. If you have liver disease, or your liver isn't as healthy as it could be, then you might want to give this tea a try. Please speak to your doctor before you try this tea as it could counteract with any medication you're taking.

### Mint Tea

A natural appetite sup present, this tea is also great for settling your stomach and therefore helping to aid digestion. I personally like to drink 2 cups of mint tea per day, whether I'm cleansing or not, it's that good. There are many different types of mint tea available, but my advice is to go for the tea that has no additives. Mint tea that's also mixed with a little green tea is particularly tasty, and you get the benefits of both teas in one cup.

### Oolong Tea

Oolong roughly translates as 'Black dragon', and it's a delicious tea that can help to boost your metabolism. The faster your metabolism works, the faster you will burn fat. What's more is Oolong tea is also great for calming the nerves, which makes it even more worthwhile if you tend to get anxious or stressed.

### Red Clover Tea

I usually have to head to a Chinese store to source this tea, but some health food stores may sell this wonderfully tasty tea. High in antioxidants, and used in Chinese medicine in order to rid the liver and blood of toxins, Red Clover tea is also ideal to drink when you have a blocked nose as it naturally helps to clear the nose and lungs of phlegm.

### Rooibos Tea

Also known as 'Redbush tea', this wonderfully flavored, caffeine-free tea can help to lower stress hormones, and reduce the risk of type 2 diabetes. Drunk with or without milk,

rooibos tastes better when it's left to stew for about 5 minutes.

### White Tea

In addition to being a very rich source of antioxidants, white tea can also help to breakdown fat. This makes white tea an idea tea to drink, what's more is it's one of the least processed teas you can find, and that's never a bad thing.

## **Where To Source The Tea**

Your local supermarket is likely to source some of the teas you're thinking of using as part of your 14 day tea cleanse program. Typically, supermarkets stretch to Green teas, and perhaps a Rooibos or Oolong tea. You'll be hard pressed to find more 'Exotic' teas in a supermarket, so you will have to look elsewhere.

Health food stores in your local town will have a wider range of teas, and they may even be prepared to order some in for you, if you're considering buying in bulk. Alternatively, there are quite a few online health food stores and specialist tea sellers, so you should be able to source your tea there.

Some Chinese supermarkets and Chinese pharmacists also stock a wide range of teas, so if you have one nearby, it's well worth a trip, and the prices can be pretty good too.

## **Key Ingredients**

When you're embarking on a tea cleansing program, you need to make sure that you're going about it the right way. In theory, you could drink any type of tea you wanted, and assume that you're on a cleansing plan. The trouble with doing this is you could be missing out on some vital opportunities to rid your body of a lot of toxins.

Before you go ahead and start the plan, you should ideally have a lot of tea in stock. You don't need to have 16 different types of teas, but I recommend you should have at least 3. One of the most important aspects of this plan is that you drink tea that has some key ingredients. These ingredients are basically any tea or anything that has been added to the tea that contains antioxidant properties. The more antioxidant properties the tea has, the more successful your cleanse will be.

Let's take a look at some of the key ingredients you will find in your teas:

### Flavonoids

Flavonoids are an incredibly important part of any black tea that you drink. This is

because they can help to reduce the restriction of blood vessels, and can therefore improve blood flow. Flavonoids also work as an antioxidant too, and it's even thought that they may have slight anti-histamine properties too.

### Polyphenols

Polyphenols are an antioxidant that helps to find those free-radicals that can potentially damage your cells. The good news is that there are ten times as many polyphenols in green and black tea, than there are in any fruit or vegetables you eat.

As you can see, tea can potentially be very good for you, especially green or black teas. Try to drink a lot of green or black tea as your cleanse will be a lot more successful.



## Chapter 3 : 14 Day Fat Loss Plan

### Guide:

As part of the tea cleanse program, you should drink a cup of tea before or with breakfast, one before or with your lunch, and again when you eat in the evening. You may decide to drink the same type of tea every day, but ideally you should add a bit of variety as this will help to prevent boredom.

### Water

Below you will find the recommended 14 day fat loss plan that should help you to lose up to 10 pounds. You'll see that this plan encourages you to drink more water, as water is a natural antioxidant, and it can help to keep your bowels moving.

### Exercise

This plan also involves exercise, you don't have to do a lot more exercise than you currently do, just try to be a bit more active. Think about walking or cycling to work or the shops, instead of using the car. Go for a walk when you have some free time, take an exercise class, or do anything that makes you sweat a little. The more active you are, the more calories you will burn, which means you will start to lose weight.

Important: If you do a lot more exercise, you will need to up your intake of fluids. Make sure that you don't leave yourself dehydrated, get those fluids into your body, and feel better for it.

Below you will find the 14 day fat loss plan guide. This guide asks you to drink specific types of tea, but you don't have to follow this plan exactly. Choose the tea that you want to drink, as you may not like the tea I have suggested. The plan is merely a guide, and it can be altered to suit your tastes and your lifestyle.

## Mealtimes

If you want to lose weight, you will need to make sure that you eat a healthy balanced diet. Eating a diet that's low in fat, salt and sugar can help you to speed up your weight loss. You don't have to go mad and cut out fat, sugar and salt completely, you just need to be sensible. Try to have at least 5 portions of fruit and vegetables every day. Remember that you can treat yourself from time to time, just make sure you don't do it too often, as it could slow down your weight loss.

Your evening meal should be a proper meal, that contains carbs, protein and vegetables. Dessert can be a bit of a treat if you wish, but watch those portion sizes.

## Day One

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of ginger tea before or with your lunch

A drink of water with your healthy snack

A cup of rooibos tea before or with your dinner

## Day Two

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of ginger tea before or with your lunch

A drink of water with your healthy snack

A cup of rooibos tea before or with your dinner

## Day Three

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of mint tea before or with your lunch

A drink of water with your healthy snack

A cup of rooibos tea before or with your dinner

#### Day Four

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of mint tea before or with your lunch

A drink of water with your healthy snack

A cup of rooibos tea before or with your dinner

#### Day Five

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of burdock tea before or with your lunch

A drink of water with your healthy snack

A cup of rooibos tea before or with your dinner

#### Day Six

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of burdock tea before or with your lunch

A drink of water with your healthy snack

A cup of rooibos tea before or with your dinner

### Day Seven

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of ginger tea before or with your lunch

A drink of water with your healthy snack

A cup of rooibos tea before or with your dinner

### Day Eight

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of white tea before or with your lunch

A drink of water with your healthy snack

A cup of oolong tea before or with your dinner

### Day Nine

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of white tea before or with your lunch

A drink of water with your healthy snack

A cup of oolong tea before or with your dinner

### Day Ten

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of cilantro tea before or with your lunch

A drink of water with your healthy snack

A cup of oolong tea before or with your dinner

### Day Eleven

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of cilantro tea before or with your lunch

A drink of water with your healthy snack

A cup of oolong tea before or with your dinner

### Day Twelve

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of red clover tea before or with your lunch

A drink of water with your healthy snack

A cup of oolong tea before or with your dinner

### Day Thirteen

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of red clover tea before or with your lunch

A drink of water with your healthy snack

A cup of oolong tea before or with your dinner

#### Day Fourteen

A drink of water when you wake

A cup of green tea before or with breakfast

A drink of water with your healthy snack

A cup of milk thistle tea before or with your lunch

A drink of water with your healthy snack

A cup of oolong tea before or with your dinner

If you want to drink more water in the evenings, please do.

#### **Overview**

The tea cleansing program is a healthy and sustainable one that can help you to lose weight. Bear in mind that you do need to eat a healthy balanced diet, and undertake some exercise in order for you to feel the full benefits.

Incredibly, you will start to lose weight without realizing it, thanks to the mere fact that you will be drinking more fluids. Some fluids, especially teas, can fill you up, leaving you less inclined to reach for those unhealthy snacks.

## **Chapter 4 : Things To Avoid**

In order for your 14 day tea cleansing program to be as successful as possible, you will need to restrict your intake of specific food and drink. Fatty, sugary, and salty foods should be avoided, or you should at least attempt to lower your intake of them.

Here are a few more things you need to avoid:

### Alcohol

Alcohol is crammed full of calories, which is why you often see regular drinkers with a beer belly. In order to aid your weight loss, you should consider removing alcohol from your diet during the program. If you really want to have a drink, then opt for some dry white wine as it contains less alcohol.

### Fried food

Although there's nothing wrong with treating yourself when you're on the program, you should try to avoid fried food. Fried food is full of fat, even when you have drained the excess fat away.

### Soda

Sodas are full of sugar, and they should be avoided during the program. Diet sodas contain aspartame (Also known as 'Amino sweet'), aspartame fools your brain into thinking you are hungry, and it leaves you reaching for those unhealthy snacks. Avoid sodas completely, so you don't end up consuming a vast amount of calories in one sitting.

### Sugar

Unless you can say for sure that you're able to work off the sugar you consume, try to avoid it. If you don't work off the sugar, it's going to be stored as fat, and that's the last thing that you want.

## Salt

We all eat too much salt, without realizing how bad it is for us. Salt can aid fluid retention, and it's also well-known for raising your blood pressure. Cut your salt intake in half, and have no more than 6 grams of it per day. We all need a little salt in our diet, just try not to have too much of it.

You can do this 14 day plan every month if you wish, just make sure that you eat a healthy balanced diet, and keep exercising when you're not on the plan. This way your weight loss will be more sustained, and you won't have to worry too much about putting it back on again.



## **Chapter 5 : Recipes**

Some of you may feel like creating your own teas from scratch, and let me tell you, there's nothing more satisfying than a tasty cup of tea you put together yourself. Although you may not be able to source the ingredients for every type of tea you wish to make, you will be able to find some.

### **Ginger Tea**

Ingredients: (Serves 4)

2 inches of ginger root

4 cups of water

Method

Peel the ginger and cut into thin slices

Boil the water in a pan, and add the ginger

Place a lid on the pan and reduce the heat to a simmer

Let the water simmer for 15 to 20 minutes

Strain into a cup or mug

Add lemon or honey to taste

Serve

## **Peppermint tea**

Ingredients: (Serves 4)

Half a cup of peppermint leaves

4 cups of water

3 tablespoons of honey

Method

Boil the water in a pan

Add the peppermint leaves and turn off the heat

Allow to steep for approximately 5 minutes

Strain the tea into a cup or mug

Divide the honey between the cups

Serve

## **Green ginger and mint tea**

Ingredients: (Serves 15)

2 oranges

2 inches of ginger

1 bunch of mint

Half a cup of green tea leaves

### Method

Peel the oranges, and place them on a rack

Slice the ginger into thick slices, and place them on a rack

Take the leaves off the mint, and place them on a rack

Allow the oranges, ginger, and mint to dry at room temperature for approximately 24 hours, or until brittle

Break the dried ingredients into roughly one inch pieces

Mix the pieces together in a bowl, and store in an air tight container

Spoon 1 to 2 teaspoons of dry ingredients into an infuser, and place in a cup

Pour boiling water into the cup, and allow to steep for 3 to 5 minutes

Serve

Don't be afraid to experiment with the above recipes, or even create your own.

Begin the 14 tea cleanse plan as soon as you can, so your body benefits from the completely natural antioxidant power of tea. Lose weight, look and feel better, and get rid of those nasty toxins simply by drinking the right kinds of tea.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to understand how easy, enjoyable, and effective the tea cleanse plan is.

The next step is to source the tea that you need, and get ready to lose up to 10 pounds in 14 days!

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

# Crockpot Recipes Challenge

*Quick and Easy Slow Cooker Recipes*

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “*Crockpot Recipes Challenges*”.

This book contains mouth-watering, easy-to-make recipes that can be made with the help of the crockpot or the slow cooker, as it is also known.

If you are interested in discovering quick and easy crockpot recipes, do not hesitate to read this book until the very last chapter. You will have the opportunity to find out valuable information on the slow cooking method, learning how to use it for a healthy lifestyle and also to save time in the kitchen.

This book can be used as your faithful guide to slow cooking, providing you with recipes classified according to the three main meals of the day, meaning breakfast, lunch and dinner. It also contains a special chapter dedicated to desserts, so that you can satisfy your sweet tooth as well.

### **This book will give you:**

- Breakfast Recipes
- Lunch Recipes
- Dinner Recipes
- And Dessert Recipes

Thanks again for downloading this book, I hope you enjoy it!

Don ’ t forget to check out one of my favourite diets at the bottom:

**Learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet.**

***Go to the bottom for more info, and receive your free report and bonus content!***



## **Chapter 1 : The benefits of slow-cooking**

The Crock-Pot is, without any doubt, one of the most famous slow cookers out there. In the past few years, more and more people have attempted to use it, falling in love after the first experience. The slow cooker, as the name clearly points out, allows one to cook for a prolonged period of time, at reduced temperatures. This method of cooking comes with a number of unique benefits, as you will have the opportunity to discover below.

One of the major benefits of the slow cooker is that one can prepare meals that are delicious and nutritious at the same time. The main advantage is that the food is cooked at a low reduced temperature, for a long time, which allows for the nutrients to be retained by the food. Another benefit is the fact that both the vegetables and the meats cook in their own natural juices, requiring for little or no oil or butter. The fact that the food cooks in its own juice guarantees a low-fat content for the respective food.

When you decide to let the food simmer in the crockpot, you ensure the maintenance of all healthy minerals and vitamins. Nothing is lost through this method of cooking, an affirmation which cannot be maintained when it comes to frying or boiling. Once again, this is because the crockpot operates at a low temperature, ensuring the cooking of the food over a prolonged period of time. In fact, all the food prepared with the help of the slow cooker is full of flavor – many people consider that its taste is incredible, in comparison to the food cooked in the oven or on the stovetop (which is often perceived as excessively cooked).

The slow cooker appears as a life saver, in the situation that you do not have sufficient time to cook using other methods. The only time spent will be dicing or chopping your ingredients, otherwise the crockpot will handle everything on your behalf. In general, you can rely on the crockpot for all-day cooking, leaving the food to simmer unattended. The only exception would be if your recipe would require milk or cream, which would have to be added on the last hour of cooking. However, in the situation that you decide to lift the lid, you have to add at least 20 minutes to the overall cooking process.

Most people think the crockpot to be suitable for the wintertime, when the reduced outside temperatures require meals that are warm. However, if you take some time and think about it, the slow cooker can be used for cooking all year round. Think about yourself cooking in the summer, sweating profusely as the food cooks in the oven. The slow cooker allows you to prepare delicious meals in the summer, without resorting to the oven, adding even more heat to your already hot home.

Cooking is often a concern, in relation to how much energy is used in the process. Nevertheless, with the crockpot, you no longer have to worry about such matters, as this method of cooking guarantees a reduced energy usage. It is a known fact that the slow cooker actually consumes less energy, especially in comparison to the electric oven. If you compared the wattage consumption for these two and the period of time necessary to cook, you will see that the slow cooker definitely is the more economical alternative.

When cooking, it is practically impossible not get a lot of dishes dirty and suffer afterwards, as we also have to clean them. Well, with the crockpot, you have a more-than-easy cleanup. Apart from the actual pot, which is quite simple to clean, you will probably only have to wash the cutting board and knives used in the process. For some recipes, you may have an additional pan to wash, as this can be used for browning. As for the crockpot, it is recommended that you purchase one that has a removable ceramic crock, as it is infinitely easier to clean.

You might not have thought of this fact but the crockpot can be easily transported from one place to the other. So, if you are traveling and you want to cook your own meals, you can use the slow cooker. The same goes in the situation that you want to take your crock pot to your neighbor's party or in any other place for that matter. It is lightweight, easy to transport and it can help you prepare delicious meals. Plus, the food that you cook with the crockpot can be easily transported as well, as long as you let it cool down and keep it covered.

Often times, it can happen that a recipe fails, due to the meat being tough and hard to

cook. With the slow cooker, you can cook cuts of meat that are less tender, without worrying that they will not cook. On the contrary, you will have a pleasant surprise, as you will discover them to be both tender and juicy. Many people enjoy the slow-cooking process, as they realize that there is virtually no chance for the food to get burned (always cooked at a low temperature).

From a practical point of view, the crockpot can help you use the oven or the stovetop for additional cooking or baking. This is particularly valid around Christmas or other holidays, when a lot of cooking has to be done in a short period of time and for a large number of people.

The crockpot can help you prepare healthy meals for your family. And this is not only in reference to the food cooking in its own juice. We are also talking about the fact that the environment created in the crockpot ensures the destruction of bacterial microorganisms, in a larger percentage than other cooking methods.

Last, but not least, there is one more major advantage to consider and that is diversity. The slow-cooker can be used for an incredible number of recipes, with pot roasts, stews and various soups standing at the top of the list. In the chapters that follow, you will discover some of the most delicious, yet easy-to-prepare crockpot recipes. Are you ready for this cooking challenge?

## Chapter 2 : Crockpot breakfast recipes

Breakfast is the most important meal of the day and the crockpot is the perfect cooking instrument, as it will help you prepare delicious meals to start out your day with. In this chapter, you will find a number of mouth-watering crockpot breakfast recipes, designed to give you a good start in your day. Enjoy reading and do not hesitate to try out all of them. And, remember, many of these recipes can be prepared overnight, so that you have your breakfast ready in the morning.

### *#1 Breakfast casserole*

Time: 4 h 30 minutes/8 h 30 minutes (30 min. prep., 4h/8h cooking)

Made for: 8-10 servings

Ingredients: frozen hash brown potatoes (1 bag – approx. 32 oz.), bacon (1 lb.), small onion (1), shredded cheddar cheese (8 oz.), diced red bell pepper (1/2), diced green bell pepper (1/2), eggs (12), milk (1 cup), salt and pepper (to taste).

How to prepare:

Start by cutting the bacon into small pieces and cooking it in a pan. If you want to save even more time, you can use bacon that is already cooked. Take your slow cooker and add half of the hash brown potatoes at the bottom. Then, add half of the following ingredients, in this specific order: bacon, onion, red and green bell pepper and cheddar cheese. This is the moment when you have to add the remaining quantity of the hash brown potatoes. Continue by adding the other half of the above-mentioned ingredients. Whisk the eggs together with the milk and pour over the casserole. Season with salt and pepper to taste. Cook for four hours (on low) or for eight hours (on warm). Enjoy!

## ***#2 Oatmeal with apples and cinnamon***

Time: 5 h 15 min. (15 min. prep., 5 h cooking)

Made for: 10 servings

Ingredients: steel cut oats (1 cup), coconut milk (1 and ½ cups), water (1 and ½ cups), apples (2), brown sugar (2 tbsp.), coconut oil (1 tbsp.), cinnamon (1 tsp.), sea salt (1/4 tsp.); topping (optional) – cinnamon/brown sugar, chopped nuts (almonds, pecans, walnuts), fresh fruits (berries, bananas or apples).

How to prepare:

Start by spraying the inside of the crockpot with oil, making sure that you have covered all of the surface. Add the oats, together with the coconut milk, water, diced apples, brown sugar, cinnamon, coconut oil and sea salt. Make sure that they are well combined. Cook for about 5 hours on low. Before serving, allow the oatmeal to cool. Add desired toppings, serve and enjoy!

### ***#3 Breakfast quinoa***

Time: 3 h 5 min. (5 min. prep., 3 h cooking)

Made for: 5 servings

Ingredients: quinoa (1 cup), almond milk (3 cups), chopped dates (4), pepitas (1/4 cup), diced apple (1), cinnamon (2 tsp.), nutmeg (1/4 tsp.), vanilla extract (1 tsp.), salt (1/4 tsp.)

How to prepare:

Start by adding the quinoa, together with the rest of the ingredients into the slow cooker. Make sure that you cook the mixture for about three hours, until all of the liquid has been absorbed. You can also cook it overnight, for eight hours on low, so as to have it ready in the morning, just in time for breakfast. Enjoy!

## **#4 Cinnamon rolls**

Time: 2 h 30 min. (30 min. prep., 2 h cooking)

Made for: 10-12 servings

Ingredients: dough – warm water (1 and ½ cups), active dry yeast (1 tbsp.), honey (2 tbsp.), flour (3 and ½ cups), salt (1 tsp.); filling – butter (4 tbsp.), sugar (1/2 cup), brown sugar (1/4 cup), cinnamon (1 tbsp.); frosting – butter (2 tbsp.), cream cheese (2 oz.), vanilla (1 tsp.), powdered sugar (3 cups), milk (2-3 tbsp.).

How to prepare:

Start by mixing the warm water together with the yeast and honey into a bowl. Wait for approximately five minutes before adding flour and salt. Once the dough is ready, remove it from the bowl and let it sit for about ten minutes, in order to rise. Take another bowl and mix the regular sugar with the brown one and cinnamon, for the filling. Cut the dough into pieces, spread softened butter over them and sprinkle the cinnamon-sugar mixture over them. Form your cinnamon rolls and set them aside. Grease your slow cooker and place the cinnamon rolls into it. Cook for about two hours. While the cinnamon rolls are cooking, prepare the frosting, by mixing the softened butter together with the cream cheese. Add the vanilla and mix until you obtain a smooth mixture. Add the sugar and milk gradually, making sure that they are integrated into the mixture. Add the frosting to the warm cinnamon rolls and enjoy!

## **#5 Veggie omelet**

Total time: 2 h 15 min. (15 min. prep, 2 h cooking)

Made for: 4-6 servings

Ingredients: eggs (6), milk (1/2 cup), salt (1/4 tsp.), fresh ground pepper (to taste), garlic powder (1/8 tsp.), chili powder (1/8), broccoli florets (1 cup), red bell pepper (1), yellow onion (1), garlic clove (1); garnish (suggestions) – fresh parsley, chopped tomatoes or shredded cheddar cheese.

How to prepare:

Start by greasing the inside surface of the slow cooker. Take a bowl and whisk the eggs, together with the milk, garlic powder, chili powder, salt and pepper. Set aside the resulting mixture. For the next step, add the broccoli florets, together with the sliced red bell pepper, diced onion and garlic into the slow cooker. Add the egg mixture into the slow cooker as well. Cook for about two hours (on high). If you want cheddar cheese as garnish, make sure that you sprinkle over the omelet and let it for a couple of minutes, in order to melt. You can also garnish with fresh parsley or tomatoes. Serve and enjoy!



## Chapter 3 : Crockpot lunch recipes

The slow cooker is the perfect tool for preparing amazing lunches, so do not hesitate to read this chapter as well and try out the recipes suggested in here. The crockpot can definitely come in handy if you are a busy family, helping you prepare the lunch, while handling other things at the same time. It can also be useful around the holidays, when the whole family gathers for your famous lunches. It is always for the best to have your recipes tested, so be sure to prepare yourself for the cooking adventure that the holidays entail.

### *#1 Vegetable curry with chickpeas*

Time: 6 h 10 min. (10 min. prep, 6 h cooking)

Made for: 6 servings

Ingredients: olive oil (1 tbsp.), chopped onion (1 ½ cups), carrot slices (1 cup), curry powder (1 tbsp.), brown sugar (1 tsp.), grated fresh ginger (1 tsp.), garlic cloves (2), Serrano chile (1), chickpeas (3 cups), baking potato (1 and ½ cups), green bell pepper (1 cup), green beans (1 cup), salt (1/2 tsp.), black pepper (1/4 tsp.), ground red pepper (1/8 tsp.), diced tomatoes (1 can), vegetable broth (1 can), baby spinach (3 cups), coconut milk (1 cup), lemon wedges (6).

How to prepare:

Start by sautéing the chopped onion together with the carrot slices, until they become tender. Add the following ingredients into the skillet: Serrano chile, minced garlic cloves, fresh ginger, sugar and curry powder. Cook for another minute. Place the mixture into the slow cooker. Add the chickpeas, together with the following: baking potato, green bell pepper, green beans, salt, black and red pepper, diced tomatoes and vegetable broth. Cook for about six hours (on high). When done, add the baby spinach and the coconut milk. Stir until the spinach appears wilted. Serve with lemon wedges. Enjoy!

## ***#2 Chicken with potatoes and carrots***

Total time: 4 h (30 min. prep, 3 and ½ h cooking)

Made for: 6 servings

Ingredients: onion (1 and ¾ cups), cooking spray (1), baby carrots (2 cups), round red potatoes (6), chicken broth (1/2 cup), dry white wine (1/2 cup), chopped fresh thyme (1 tbsp.), minced garlic (1 tsp.), salt (3/4 tsp.), fresh ground black pepper (1/2 tsp.), paprika (1 tsp.), chicken thighs (6), olive oil (1 tsp.).

How to prepare:

Start by applying cooking spray to the inside of the crockpot. Then, add the sliced onions into the slow cooker, together with the potatoes and carrots. Mix the chicken broth together with white wine, fresh thyme and garlic. Add the mixture into the slow cooker. Coat the chicken with a mixture of paprika, salt and pepper. Brown the chicken into a pan, then place it on top of the veggies, in the slow cooker. Cook for about three and a half hours (on low). Serve with fresh thyme as garnish. Enjoy!

### ***#3 Collard greens with bacon and balsamic vinegar***

Time: 4 h 15 min. (15 min. prep, 4 h cooking)

Made for: 5 servings

Ingredients: bacon slices (3), chopped onion (1 cup), fresh collard greens (1 pack – 16 oz.), salt (1/4 tsp.), garlic cloves (2), bay leaf (1), chicken broth (1 can – 14.5 oz.), balsamic vinegar (3 tbsp.), honey (1 tbsp.).

How to prepare:

Start by cooking the bacon into a pan over medium heat. Once crisp, cut it into small pieces or crumble it by hand. For the next step, sauté the onions together with the collard greens. Add the sautéed veggies into the slow cooker, together with the salt, minced garlic cloves, bay leaf and chicken broth. Cook for about four hours (on low). Prepare the dressing by mixing the balsamic vinegar with the honey. Pour the dressing and sprinkle with bacon. Serve and enjoy!

#### ***#4 Pork with curry and basmati rice***

Time: 8 h 10 min. (10 min. prep., 8 h cooking)

Made for: 6 servings

Ingredients: canola oil (1 tsp.), boneless pork loin (1 and ½ pounds), cubed red potato (3 and ½ cups), chopped onion (1 cup), chopped red bell pepper (1 cup), chicken broth (1/4 cup), flour (2 tbsp.), sugar (1 tbsp.), tomato paste (2 tbsp.), fresh ginger (1 tbsp.), salt (1 and ½ tsp.), curry powder (1 tsp.), ground cumin (1 tsp.), garlic cloves (2), coconut milk (1/2 cup), basmati rice (3 cups), cilantro sprigs (optional).

How to prepare:

Start by browning the pork loins into a pan. Then, add the following ingredients into the slow cooker: pork loins, red potato, onion, red bell pepper, chicken broth, flour, sugar, tomato paste, fresh ginger, salt, curry powder, ground cumin and garlic cloves. Make sure that they are well mixed and that the flour has dissolved. Cook in the slow cooker for about eight hours (on low). Add the coconut milk just before the meal is ready. Serve with warm basmati rice and garnish with cilantro sprigs. Enjoy!

## **#5 *Black bean soup, Caribbean-style***

Time: 8 h 15 min. (15 min. prep, 8 h cooking)

Made for: 8 servings

Ingredients: olive oil (1 tbsp.), chopped red onion (2 cups), diced green bell pepper (1 cup), diced red bell pepper (1 cup), jalapeño pepper (3 tbsp.), garlic head (1), tomato paste (1/4 cup), vegetable broth (4 cups), dried thyme (1 tsp.), ground cumin (1 tsp.), ground ginger (1/2 tsp.), ground allspice (1/2 tsp.), ground red pepper (1/4 tsp.), salt (1/8 tsp.), black beans (2 cans – 15 oz.), coconut milk (1/2 cup), fresh cilantro (1/2 cup), 2 limes (cut into quarters).

How to prepare:

Start by sautéing the chopped red onion into a pan. Add the green and red bell pepper into the pan, then the finely chopped jalapeño pepper. Sauté for a couple of minutes, then add the garlic. Add the tomato paste and one cup of the vegetable broth. Transfer the whole mixture into your slow cooker. Add the following ingredients: three cups vegetable broth, dried thyme, cumin, ginger, allspice, red pepper, salt and black beans. Cook for about eight hours (on low). Add the coconut milk just before the soup is ready. Garnish with fresh cilantro and serve with lime wedges. Enjoy!

## Chapter 4 : Crockpot dinner recipes

When you get home from work, the last thing you want to worry about is dinner. Well, with the crockpot, you only need a couple of minutes in the morning, in order to prepare the ingredients for a delicious dinner. The crockpot will cook your dinner, while you are at work or running errands. Let's check out the most delicious slow-cooking dinner recipes!

### *#1 Crockpot chicken with pumpkin beer*

Total time: 8 h 5 min. (5 min. prep, 8 h cooking)

Made for: 4 servings

Ingredients: chicken breast (4), andouille sausage links (2), onion (1), red peppers (2), diced tomatoes (14 oz.), green chilies (4 oz.), hot sauce (2 tbsp.), chili powder (1 tbsp.), smoked paprika (1 tsp.), dried thyme (2 tsp.), cayenne pepper (1/2 tsp.), salt (1/4 tsp.), pepper (1/4 tsp.), pumpkin beer (12 oz.), water (1/4 cup), cornstarch (2 tbsp., added to the water), brown rice (for serving).

How to prepare:

Start by adding the chopped onion into the slow cooker. Then, add the following ingredients, in this specific order: chopped red peppers, quartered andouille sausages, diced tomatoes, diced green chilies, hot sauce, chili powder, smoked paprika, dried thyme, cayenne pepper, salt and pepper. For the next step, add the chicken breast and the pumpkin beer. Cook for about eight hours (on low). With half an hour before the meal is ready, add the water mixed with the cornstarch and mix well. Serve with brown rice and enjoy!

## ***#2 Spicy chicken with potatoes***

Total time: 4 h 5 min. (5 min. prep, 4 h cooking)

Made for: 4 servings

Ingredients: chicken breast (2 lbs.), potatoes (8 oz.), carrots (2), onion (1); sauce – chili flakes (3 tbsp.), chili paste (2 tbsp.), soy sauce (4 tbsp.), mirin (2 tbsp.), honey (2 tbsp.), sesame oil (1 tbsp.), garlic cloves (4), sesame seeds, green onion.

How to prepare:

Take a bowl and add all the ingredients for the sauce: chili flakes, chili paste, soy sauce and so on. Cut the chicken breast into small pieces and add it into the slow cooker, together with the potatoes, carrots and onions. All of the veggies should be cut into large chunks. Pour the sauce over the chicken and veggies, making sure that everything is well combined. Cook for about 4 hours (on low). Add the chopped green onion right before serving. Garnish with sesame seeds and serve with rice. Enjoy!

### ***#3 Tomato soup with roasted garlic***

Total time: 3 h 35 min. (35 min. prep, 3 h cooking)

Made for: 6-8 servings

Ingredients: Roma tomatoes (2.5 lbs.), garlic head (1), olive oil (1 tbsp.), yellow onion (1), canned tomatoes (14 oz.), chicken broth (1/2 cup), salt (1 tsp.), fresh ground black pepper (1/2 tsp.), granulated sugar (1 tsp.), crushed red pepper flakes (1/4 tsp.), cayenne pepper (1/4 tsp.), chopped fresh basil (2 tbsp.), heavy cream (1/2 cup), Asiago cheese (4 oz.), basil (2 tbsp.).

How to prepare:

Start by pre-heating the oven at 400°F. Roast the garlic in the oven, wrapping it in aluminum foil, adding a little bit of olive oil (for about 25 minutes). Add the tomatoes to boiling water (for about 3 minutes). Peel the tomatoes under cold water and, after removing their core, add them into the crockpot. Add the roasted garlic into the slow cooker, together with the rest of the ingredients (with the exception of the heavy cream, Asiago cheese and basil). Cook for about three hours (on high). Once the veggies are ready, add them into the blender, together with the heavy cream and cheese (you can keep a little bit of cheese for garnish). Pour the tomato soup into bowls, garnish with cheese and basil and serve. Enjoy!

### ***#4 Crockpot ratatouille***

Total time: 4 h (10 min. prep, 3h 50 min. cooking)

Made for: 6-8 servings

Ingredients: olive oil (1/4 cup), red onions (2), potatoes (3), garlic cloves (3), eggplant (2), zucchini (3), bell peppers (4), tomatoes (3), Portobello mushrooms (4), white wine (1/4 cup), fresh thyme leaves (2 tbsp.), balsamic vinegar (3 tbsp.), kosher salt (to taste), fresh black pepper (to taste), cornstarch (2 tbsp.).



How to prepare:

Start by sautéing the chopped onions together with the chopped potatoes and minced garlic cloves. Cook for a couple of minutes and then transfer into the slow cooker. Add the following ingredients into the crockpot: eggplant, zucchini, assorted bell peppers, tomatoes, Portobello mushrooms, white wine and fresh thyme leaves. Cook for three and a half hours (on low). After this period, move the slow cooker to high and add balsamic vinegar, kosher salt and fresh black pepper. Mix the cornstarch with water (6 tbsp.) and add the mixture into the crockpot. Cook for another 20 minutes (on high). Serve and enjoy!

## **#5 Lasagna**

Total time: 5 h 30 min. (5 min. prep, 5 h 25 min. cooking)

Made for: 5 servings

Ingredients: ground beef (1/2 pound), Italian sausage (1/2 pound), salt (1 and ½ tsp.), pepper (1/2 tsp.), onion (1), Italian seasoning (1 tsp.), parsley (2 tbsp.), garlic powder (2 tsp.), Worcestershire sauce (2 tbsp.), tomato paste (6 oz.), tomato sauce (29 oz.), granulated sugar (2 tbsp.), water (2 and ½ cups), lasagna noodles (8 oz.), shredded mozzarella cheese (4 cups), cottage cheese (1 cup), grated parmesan (1/2 cup).

How to prepare:

Start by browning the ground beef together with the Italian sausage and onion into a skillet, over medium heat. Add the following ingredients into the pan: salt, pepper, parsley, garlic powder, Italian seasoning, Worcestershire sauce, tomato paste and sauce, sugar and water. Mix them well and let them cook for about 20 minutes. Add ¼ of the meat sauce at the bottom of the crockpot. Then, place 1/3 of the lasagna noodles on top. Mix the mozzarella together with the cottage cheese and parmesan, spreading 1/3 on top of the lasagna noodles. Repeat the same layers two times more. Add the remaining meat sauce on top and mozzarella cheese (if desired). Cook for about 5 hours (on low). Serve and enjoy!

## Chapter 5 : Crockpot dessert recipes

We all love eating dessert but, sometimes, we just don't have the time to actually make one. Well, with the crockpot, you can prepare an incredible variety of desserts in a manner that is 100% simple and enjoyable. Read below, in order to discover savoury crockpot dessert recipes!

### ***#1 Peach cobbler***

Total time: 3 h 30 min. (15 min. prep, 3 h 15 min. cooking)

Made for: 4-6 servings

Ingredients: dark brown sugar (6 oz.), rolled oats (3 and ½ oz.), flour (4 oz.), baking powder (1/2 tsp.), ground allspice (1/2 tsp.), nutmeg (1/2 tsp.), kosher salt (1/4 tsp.), unsalted butter (1/4 cup), frozen peach slices (20 oz.).

How to prepare:

Take a large bowl and mix the following ingredients: sugar, oats, flour, baking powder, ground allspice, nutmeg and kosher salt. Make sure that the butter is at room temperature before adding it to the bowl. Mix the ingredients well, until you obtain a crumbly texture. Add the peach slices to the resulting mixture. Use a little bit of butter to coat the inside surface of the slow cooker. Add the mixture into the crockpot and cook it for about three hours (on low). Serve and enjoy!

## ***#2 Chocolate candy***

Total time: 3 h 25 min. (5 min. prep, 20 min. inactive, 3 h cooking)

Made: 30-40 pieces of candy

Ingredients: salted dry-roasted peanuts (2 pounds), chocolate (4 oz.), semisweet chocolate chips (2 cups), white almond bark (2 and ½ pounds).

How to prepare:

Start by placing the salted dry-roasted peanuts at the bottom of the slow cooker. Once you have achieved that, add the chocolate, together with the chocolate chips and white almond bark into the crockpot. Cook the mixture for about three hours on low, without stirring. Once the time has passed, take a wooden spoon and stir, until you obtain a smooth texture. Take a spoon and put the mixture into individual cupcake pan liners. Allow the mixture to cool, serve and enjoy!

### ***#3 Sweet & juicy berry dessert***

Total time: 4 h 40 min. (20 min. prep, 20 min. inactive, 4 h cooking)

Made for: 6-8 servings

Ingredients: filling – unsalted butter, cornstarch (1/4 cup), lemon juice (2 tbsp.), frozen mixed berries (5 and ½ cups), granulated sugar (2/3 cup); biscuit topping – flour (1 and ¼ cups), granulated sugar (3 tbsp.), baking powder (1 tsp.), fine salt (1 pinch), unsalted butter (4 tbsp.), milk (3/4 cup), ground cinnamon (1/4 tsp.); whipped sour cream topping – heavy cream (1/2 cup), sour cream (1/4 cup), confectioners' sugar (2 tbsp.).

How to prepare:

Start by greasing the inside surface of the slow cooker. Then, mix the cornstarch, together with the lemon juice and two tablespoons of water. Add the resulting mixture into the crockpot, together with the mixed berries and sugar. Prepare the biscuit topping by mixing the flour together with two tablespoons of granulated sugar, salt and baking powder. Add the butter and mix until you obtain a crumbly texture. Form a wet dough by adding the milk. Using a spoon, add the dough to the berry mixture in the crockpot. Combine the remaining sugar with the cinnamon and add it over the dough. Cook for 3-4 hours (on high). Allow to cool before serving. Prepare the topping by mixing the heavy cream with the sour cream and confectioner's sugar. Serve and enjoy!

#### **#4 Carrot cake**

Total time: 3 h 10 min. (45 min. prep, 2.25 h cooking)

Made for: 12 servings

Ingredients: sugar (1 cup), eggs (2), water (1/4 cup), vegetable oil (1/3 cup), flour (1 and ½ cups), vanilla extract (1 tsp.), baking powder (1 tsp.), baking soda (1/2 tsp.), cinnamon (1 tsp.), grated carrots (1 cup); topping – cream cheese frosting.

How to prepare:

Start by peeling and grating the carrots. When done, set them aside. Take a bowl and add the following ingredients: sugar, eggs, water and oil. After they are well mixed, add the flour together with the baking powder, cinnamon and baking soda. Blend all of the ingredients well and then add the grated carrots. Grease the slow cooker and place the resulting mixture inside. Cook for approximately two hours (on low). You will know that the cake is ready when its middle is firm. In the situation that you are not uncertain, you can perform the toothpick test. Just insert the toothpick into the cake and, if ready, it will come out clean. Allow to cool before serving. Top it off with cream cheese frosting, serve and enjoy!

## **#5 *Chocolate brownies***

Total time: 3 h 40 min. (10 min. prep, 3 h 30 min. cooking)

Made for: 11 servings

Ingredients: caster sugar (125 g), baking powder (1 tsp.), dark chocolate (110 g), unsalted butter (60 g), cocoa powder (30 g), milk chocolate (110 g), eggs (3), sea salt (1 tsp.), chocolate chips (125 g), walnuts (100 g), plain flour (160 g).

How to prepare:

Start by greasing the inside surface of the crockpot and lining the bottom with baking sheets. Take a bowl and mix the following ingredients: flour, cocoa, salt and baking powder. Melt the butter and the chocolate in the microwave (with the exception of the chocolate chips). After these have melted, add the beaten eggs and the sugar. Add the flour mixture and then the chopped walnuts, together with the chocolate chips. Place everything into the slow cooker and cook for approximately three and a half hours. Allow to cool before serving. Enjoy!

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to lose weight and re-establish your body balance.

The next step is to maintain the healthy choice you have taken and find joy in your life all over again.

Finally, if you enjoyed this book, then I'd like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

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**If you liked this book, check out the next book in the series...**

But wait, If you haven't already watched the important video on how you can lose weight with this 3 week diet plan, you may want to do so. **[Click Here To Watch.](#)**

Thank you and good luck!



# **14 Day Whole Food Diet Plan**

***Whole Food Recipes To Increase Metabolism, Energy & Lose Weight***

***Bonus Info On My Favourite Diet***

***Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “ 14 Day Whole Food Challenge: *Whole food Recipes To Increase Metabolism, Energy & Lose Weight* ” .

This book contains proven steps and strategies on how to feel healthier, increase energy and live a happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn't exist? Sure we can't all be fitness experts, but if you're really serious about getting back into shape and feeling better, there are techniques that can help you work for that body you've always wanted. Whether it's losing weight or having more energy, using the whole foods diet is a great way to start.

While your body's natural energy level slows down as your age increases, that doesn't mean that you should give up on your health goals. No matter what stage of life you're in, there's still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you've always wanted.

This book is designed to teach you how to start living a healthier greener lifestyle by using whole foods. This isn't meant to be a fad to help you lose weight fast and feel healthier, but it should encourage you to use whole foods to make healthier lifestyle choices, and reset your lifestyle in the process.

### **This Book Will Teach You:**

Which foods should be your friend and which shouldn't

Why you should eat whole foods

How to go through the 14 day challenge

Breakfast, lunch, dinner and snack recipes

and so much more!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.

## **Chapter 1: Your Guide To Whole Foods**

### ***What is the whole foods diet?***

The whole foods is a program that helps you improve your health and lose weight by eliminating unhealthy foods. More and more people are struggling with excess weight, suffering from metabolic dysfunctions and feeling drained of energy. The diet plays a huge part in the way we function and this is the main idea on which the whole foods diet is based upon. When you eliminate the food groups that are bad for you, such as the sugar, grains or dairy products, you are taking the first step towards health and optimal living.

Specialists have organized the whole food diet in a way that guarantees success. Basically, for a brief period of time, you will eliminate all the foods that are bad for you from the diet. No more hormonal dysfunctions, no more gastrointestinal disruptions and no more inflammation. The body will heal and recover, the metabolism re-starting its normal functioning. You will feel refreshed, filled with energy and start losing weight in a natural manner. The whole 30 program is designed to change the way you perceive food, helping you discover healthy choices and forget about bad habits or cravings.

As there are so many diets out there, it is only normal to ask yourself what makes this particular one different. Just think about the fact that it is simple to follow, being actually an elimination diet. As you have to eliminate certain food groups from your diet, there is no cheating or indulgence allowed. Soon, before you even realize it, you are starting to enjoy eating food that is whole and simple. Because, in the end, this is the kind of fuel that you should consider for your body.

### ***Getting started***

A wise man once said that change is never easy. But that doesn't mean you cannot find pleasure in it. The food philosophy behind the whole foods diet encourages simple eating

but even the simplest meal can bring immense joy. There is no better time than now to get inspired, allowing your creativity in the kitchen to reach new heights. Don't waste your time dwelling on the foods that you are not allowed to eat but rather break new ground, exploring new recipes and getting fancy.

As you will see in the following chapter, it is recommended that you always go out shopping with a list. So, when you start on this path, make sure that you remember to stick to your shopping list. Be sure to add plenty of veggies to this list, as these are going to be part of many meals. Sure, in the situation that you see any special products, such as some beautiful eggplants or a new variety of tea, you can straw away a little bit from your list. Remember, only for the items that you are allowed to have.

Consider planning your meals ahead, so that you reduce the risk of giving in to cravings. This is especially valid when it comes to the protein sources, as these will help you deal with the initial hunger, at the beginning of the program. Stock your fridge with foods that are rich in protein, such as wild salmon, tuna, beef or eggs. Make sure that you have them in sufficient quantities as well. Speaking about head preparation, make sure that you stock the pantry with spices and sauces, as these will help you get through the most difficult of times.

Word to the wise: don't go through the whole diet plan as a victim. Instead, use your available resources to make this change as pleasant as it is possible. Don't spend your time thinking about the items you are not allowed to have; instead, try out new recipes with the allowed foods.

### ***Why should you choose whole foods?***

Food is fuel for the body. It gives us life, ensuring a proper status of optimal health. Unfortunately, as we live in the age of consumerism, we drive further and further away from simple and clean food. Advertising is powerful, encouraging us to purchase products that are extensively processed, filled with additives and chemical preservatives. The food that we consume is not healthy, making us feel drained of energy, suffering from aches and

constantly battling with obesity.

In the era of obesity and consumerism, the whole 30 diet philosophy proposes a return to the simpler times, when food was fuel for the body. It encourages a period in which the body heals from the bad food that was used, when the metabolism return to its normal functioning and when the person actually goes through a change. The whole 30 is not meant to be just a diet but rather a change in mentality; as the person returns to whole and simple food, the change occurs not only at a physiological but also at a mental level.

If you are tired of diets that do not seem to work and you feel like it is time for a change, you should choose the whole 30. In just a short period of time, you will see that your gastrointestinal health has improved, with the weight loss occurring in a natural manner. It will help you balance your hormone levels, reduce the inflammation associated with wrong diet choices and guarantee higher energy levels. Your overall performance is going to be improved, you will sleep better and you will definitely forget all about food cravings in the late hours of the night.

## **Chapter 2 : Key Ideas To Know**

### ***Things to avoid***

First and foremost, you should eliminate sugar and all sugar-based products from the diet. That includes both real and artificial sugar, so you will have to say goodbye to products such as maple syrup, agave nectar, honey, Equal and stevia. It is also important that you check the label of each product that you purchase, as it may represent a hidden source of sugar. Alcohol is forbidden as well, including when it comes to using it for the preparation of food. Even though it may sound like the obvious thing to say, you should also eliminate tobacco from your life (clean slate for the new change).

Another major food group that is on the “no” list is represented by grains. In this category, you will find: quinoa, rice, corn, oats, barley, rye and wheat. These are only several examples but you generally have to avoid everything that entails grains. As with sugar, be sure to read the label of various products, as wheat and other grains are often included as basic ingredients.

Legumes, such as beans, peas, lentils, chickpeas and peanuts, are on the forbidden list as well. As you are not allowed to consume peanuts, you can understand why the peanut butter is out of the question. The same goes for soy and any soy-derived products, such as soy sauce or tofu. Keep in mind that soy-derived products are often used as emulsifiers in various products, so check the label once more for lecithin.

Dairy products should be avoided, whether they are derived from cows, sheep or goats. No cream, cheese or yoghurt allowed. The only exceptions from this rule include ghee and clarified butter. You will also have to say no to MSG, sulfites and carrageenan, as these are additives often included in processed foods or beverages. As a general rule, avoid using the approved ingredients to prepare meals that are not good for you. The only person you are fooling is yourself and, remember, a pancake is still a pancake.



## ***Key ingredients***

These are the key ingredients to consider for the whole food diet program:

Clarified butter or ghee – purchase butter and learn how to clarify it

Fruit juice – in some recipes, it can be used as sweetener

“ Pod ” legumes – snow peas, sugar snap peas and green beans

Vinegar – most forms are accepted (white, balsamic, apple cider etc.)

Salt – even though the iodized table salt contains sugar, it is accepted (sole exception to the no sugar rule)

Almond flour – fish/meat coating, sauce thickening

Applesauce – recommended as key ingredient, as long as it is unsweetened

Beef or chicken broth – prepare your own, avoid the store-bought kind

Meat – chicken, beef

Fish – tuna, wild salmon

Vegetables – canned or fresh (the last preferably); recommended choices include pumpkins, squash or sweet potatoes

Cocoa – excellent spice for added flavor

Coconut butter – also known as creamed coconut

Coconut – can be consumed as snack, flaked or shredded; recommended – organic coconut (no added sulfites)

Coconut milk – best choice full fat (no sulfites)

Coconut oil – best choice unrefined

Curry paste – if you are passionate about Indian or Asian cuisine, this is an essential ingredient

Fish sauce – avoid the products that contain sugar (read the label)

Hot sauce – once again read the label, to make sure it doesn't contain any forbidden ingredients

Jerky – perfect snack, as long as it doesn't have added sugar

Mustard – label reading required (no sugar or starch)

Nuts and seeds – delicious snacks, consumed either raw or roasted

Nut butter – organic, no added sugar

Olives – can be consumed canned or fresh, in any variety (no added sulfites)

Olive oil – basic ingredient, whether you want to prepare a dressing, a sauce or an entire meal (you can even use it for light homemade mayo)

Dried fruit – not to be consumed in high quantities

Tomatoes – key ingredient for a wide range of dishes

Pickles – allowed as long as there are no forbidden ingredients on the label.

### ***Grocery shopping***

The top priority of your grocery list should be represented by animal proteins, as meat, fish and eggs should cover your necessity for such nutrients. When it comes to meat, be sure to search for grass-fed or organic varieties. Buy more and save it in the freezer for future meals. Not enough money? Find cheaper alternatives, such as beef, lamb or goat. Leave chicken and pork on the second place. Purchase organic pastured eggs, as these are not that expensive and still a good source of protein. As for meat, always choose the lean cut and make sure that you trim both the fat and the skin before cooking. Say no to processed meats, such as bacon or sausages, as these are not part of a healthy diet.

Once you covered the proteins, proceed to the veggies and be sure to stock up. Always choose veggies that are local and seasonal, as these are quite affordable and deliver the highest amounts of nutrients. Purchasing nutrient-dense veggies is a good idea, as it will help you keep your hunger under control. As for budget-friendly options, consider frozen veggies. When it comes to fruits, the same rule applies: local and seasonal. The fruits that are not in season are generally expensive, plus they are not as fresh and tasty. If you are looking for a cheap alternative, consider frozen fruits, such as berries.

The last category to handle is represented by fats. Add oils, nuts and seeds to your grocery

list, keeping in mind that just because a product is expensive this doesn't mean it is also healthy. Choose smart shopping, purchasing products such as canned coconut milk or avocados. Both deliver sufficient quantities of healthy fats and they are available all year round. Purchase coconut oil and olive oil to have in your pantry and don't forget about the clarified butter or ghee. As for nuts and seeds, always go for the raw or dry roasted varieties. And make sure you do not turn them into your primary source of fats, as this is not a healthy choice.

### ***Eating out (restaurants)***

Going out while you are on a diet may seem like an impossible task to achieve. However, with a little bit of preparation, you can go out and enjoy a nice meal, while sticking to your diet. So, the first thing that you want to do is check the menu of the restaurant online; in this way, you can be sure that there is something delicious that you can eat, without worrying about any forbidden ingredients.

Just because you are on a diet, this doesn't mean you have to explain yourself to everyone. People will judge you no matter what you do, so don't waste your time trying to convince others why you have started this change. Just have a nice dinner and enjoy yourself. The tough part will be however to share a meal and see the foods that you are not allowed to eat on other people's plates. Here is where strong will comes in question. Concentrate on your own plate and the delicious food, forgetting about the foods you cannot eat. Think about how well you are feeling and associate that emotion with the food you are currently eating. It will help you get through this difficult part and encourage you to go out again, really soon!

## **Chapter 3 : The 14 Day Plan**

### ***Overview***

Even though the original program is designed to be followed for a period of 30 days, you can start on this new path with a shorter version of the program. The 14 day plan is meant to help you change your eating habits, reacquainting your body with healthy eating habits. As you will see in the guide below, each day will bring something different and you might be tempted to quit. However, you have to constantly remind yourself why you have started down this road in the first place and don't give up. In the end, you will see that it was all worth it.

### ***The 14-day plan (guide)***

#### **Day 1 – Say hello to change**

On the first day, you will probably be juggling with different types of emotions. On one hand, you will feel full of energy, knowing that a big change is on the way. On the other hand, you will fear that it will also be overwhelming. And, yes, you will spend a lot of hours wondering how you should live without your favorite foods. Start your adventure by embracing change and all the good things that come with it.

#### **Day 2-3 – First aftereffects show up**

These are the days in which you stand a high chance of experiencing headaches, all sorts of pains and aches, not to mention you will feel quite foggy. How can this happen, when you expected to feel great? Well, just think about the foods you have grown accustomed to eating. They were rich in sugar, carbs and offered virtually no nutrients. Basically, the intensity of your hangover is directly influenced by the quantity of “bad” food you consumed before starting the program. So, instead of concentrating on the ugly, relax and

have a great day. Make sure that you stay hydrated and try to compensate through physical exercise. Just don ' t give up.

### **Day 4-5 – Crankiness takes hold**

Morning. Sun up on the sky. You no longer feel foggy and you have the sense that it is going to be a great day. Until you get out of bed. You suddenly feel cranky and understand that this feeling is going to become even more intense. Everyone seems annoying and even the slightest mistake can make you quite nasty. Don ' t stress. It ' s just your brain seeking demand for the rewards it has grown accustomed to. Without sugar and carbs, the brain doesn ' t know how to function ... yet. So, it makes you feel cranky, stressed and even anxious. Once again take things slow and make sure that you ask your loved ones to forgive you.

### **Day 6-7 – Time for a nap**

During these two days, you will find yourself requiring more sleep than usual. No matter how hard you might try, you will see that you cannot function as well as you wanted. This is because your brain, as well as the rest of the body, has learned to rely on sugar to function. Without even knowing, you have trained your brain to receive a constant supply of sugar every few hours. Now, as you are about to change that, your brain (along with the rest of the body) goes through a period of readjustment. No worries, just make sure you provide your brain with the necessary rest. It will make the adaptation process easier to go through. And, good news, you are halfway through the program!

### **Day 8-9 – How can I have gained weight?**

When someone tells you about a new diet program, the first thing that you think about is the actual weight loss. So, when you go up on the scale, you ' d expect to show less, not

more. Well, keep in mind that it is normal to gain a couple of pounds, as the body adjusts to the new diet. You no longer rely on poor nutrients and it is possible that, apart from the small weight gain, to suffer from other “adjustment” symptoms, such as bloating, diarrhea or constipation. No worries, as these will soon go away, as the inflammation at the level of the intestines disappears and the healing process begins. As soon as your body will start processing the new foods in an efficient manner, you will also start to lose weight.

### **Day 10-11 – Temptation & quitting**

During these two days, the time will seem to pass slower. You might feel tempted to quit and return to your bad eating habits, now that the novelty of the diet program has disappeared. Even though you have managed to fit into the new routine, temptations seem to surround you more and more, making you feel both cranky and impatient. Well, grasshopper, patience is the key. Don't give up and always think about the long-term benefits. If you want to be healthy and lose all that extra weight, say no to temptations and continue on this path.

### **Day 12-13 – Almost there**

These are the days in which you will feel like you have reached the top of Mount Everest. You would have conquered your temptations and the majority of the negative symptoms are now gone. So, like most people, you might feel tempted to give yourself a present (especially since by now you are practically tormented by all the food dreams you've been having). Well, if you are a strong person, don't celebrate just yet. Wait one or two more days and celebrate properly.

### **Day 14 – Finally here**

The day you never thought would come is here. And now you have every reason to celebrate. You have managed to say goodbye to foods that are rich in sugar and carbs,

providing you with no nutritional value. Instead, you have welcome healthy food choices in your life, managing to stay away from temptations. You did not quit and now all you have to do is continue on this path. Stay strong and remember that your health is the most important possession in your life.



## Chapter 4 : Breakfast

Breakfast is the most important meal of the day but, unfortunately, many of us have grown accustomed to eating the wrong things. As you are saying goodbye to pancakes and bagels, it is normal that you are at a loss for alternatives. Let ' s check out some of the most delicious and nutrient-dense whole food breakfast recipes.

### #1 Spicy salmon frittata

Ingredients: coconut oil (1 tbsp.), green pepper (1), onion (1), garlic cloves (2), cherry tomatoes (1 and ½ cups), cumin (1 tsp.), paprika (1/2 tsp.), eggs (6), wild canned salmon (1/2 cup), cilantro (2 tbsp.), salt and pepper to taste

How to prepare: cook the chopped green pepper and onion in a skillet (medium heat); add the garlic, then the cumin, paprika, salt and pepper. Add the tomatoes cut in halves and then the wild salmon. Pour the eggs, adding salt and pepper to taste. Place the pan into the oven and cook it in the oven for a quarter of an hour (350 ° F). Top with fresh cilantro and enjoy!

## #2 Sweet potato quiche

Ingredients: sweet potatoes (3), coconut oil (2 tbsp.), bacon (3 slices), green onions (1 bunch), eggs (10), salt (3/4 tsp.), and nutmeg (1/4 tsp.)

How to prepare: start by pre-heating the oven at 400 ° F. Cut the sweet potatoes into cubes and mix them with coconut oil and salt. Place them in the oven to roast for about 20 minutes. While the potatoes cool, cook the bacon in a skillet. Dice it after it has cooled. Cook the green onions in the fat left by the bacon. Reduce the oven heat to 350 ° F and place into a pan half of the sweet potatoes, green onions and bacon. Add another layer, then pour the beaten eggs (with nutmeg and salt) on top. Cook for about 40 minutes or until golden. Enjoy!

### #3 Tuna cake with green olives

Ingredients: cold baked sweet potatoes (1 cup), cooked cauliflower (1/2 cup), canned tuna (1/4 cup), green olives (12), sea salt (to taste), coconut oil (1 tbsp.)

How to prepare: mash the baked sweet potatoes. Add the other ingredients into the bowl and season them with sea salt. Form equal cakes and fry them in a skillet (medium heat), until golden. Enjoy!

#### #4 Breakfast salad

Ingredients: orange (1/2), black plum (1/2), celery stalk (1), cucumber (1/4 cup), jicama (1/4 cup), avocado (1/2), mint/parsley (1 tbsp.), lemon juice (from 1 lemon), salt and pepper to taste

How to prepare: combine all the ingredients in a bowl. Add the freshly squeezed lemon juice and salt and pepper to taste. Enjoy!

## #5 Breakfast bowl (Mexican-style)

Ingredients: coconut oil (1 tsp.), onion (1/2), peppers (1 cup), ground pork/chicken (1/2 lb.), dried oregano (1/2 tsp.), ground cumin (pinch), avocado (1), salsa (2-4 tbsp.), salt and pepper to taste

How to prepare: start by cooking the onions and peppers into a skillet. Mash the avocado and set it aside. Add the pork or chicken, then the oregano and cumin. Season with salt and pepper to taste. Place the dish into a bowl. Add the mashed avocado and salsa.

## Chapter 5 : Lunch

If you have started your day with a health breakfast, you should make sure that the lunch is just as healthy. In this chapter, you will find several whole food lunch recipes, designed to provide you with all the nutrients your body needs.

### #1 Thai chicken soup

Ingredients: chicken breast (1 lb.), sesame oil (1 tsp.), onion (1), bell peppers (2), summer squash (2), sugar snap peas (6 oz.), Thai green curry paste (2-3 tbs.), coconut milk (1 can), fish sauce (1 tbsp.), coconut aminos (1 tbsp.), chicken broth (4 cups), dried basil (1-2 tbsp.), lime juice (1/2 lime), fresh cilantro (to taste), green onions (1 bunch)

How to prepare: sauté the onions and peppers in sesame oil, then add the curry paste. Pour the coconut milk into the pan, then add the summer squash, coconut aminos, fish sauce, dried basil and chicken broth. Bring to a simmer and then add the chicken. After chicken is cooked through, add the sugar snap peas. Before serving, add the lime juice, fresh cilantro and green onions. Enjoy!

## #2 Kale, olive & calamari salad

Ingredients: calamari (1 lb.), baby kale (8 packed cups), shallot (1), Kalamata olives (1/3 cup), lemon juice (1 lemon), fresh cilantro (handful), extra virgin olive oil (1/4 cup)

How to prepare: marinate the calamari in olive oil and lemon juice. Add the baby kale, shallot, Kalamata olives, fresh cilantro and olive oil into a bowl. Cook the calamari into a pan for about five minutes. Add the salad near the calamari and enjoy!

### #3 Baked curry chicken

Ingredients: chicken drumsticks (12); for curry sauce: coconut oil (2 tbs.), onion (1/2), cumin seeds (1 tsp.), cumin powder (1 tsp.), coriander powder (1 tsp.), turmeric (1 tsp.), garam masala (1/2 tsp.), cinnamon powder (1/4 tsp.), cardamom powder (1/8 tsp.), water (4 tbs.), tomato (1), coconut milk (4 tbs.), fresh garlic (4 cloves), fresh ginger (1 piece), Celtic sea salt (1 tsp.), fresh cilantro (1/4 cup)

How to prepare: sauté the onions into a skillet for about five minutes, then add the cumin seeds. After the cumin seeds become translucent, add the cumin powder, followed by the coriander, turmeric, garam masala, cinnamon and cardamom. Remove from heat and let it cool down. Blend the tomatoes, together with the coconut milk, garlic, ginger, salt and cilantro. Add the onions together with the spices into the blender. Add water and puree until smooth. Coat the chicken drumsticks into the sauce and bake them in the oven. Enjoy!



#### #4 Cilantro chicken salad

Ingredients: chicken (4 cups), zucchini (2 cups), coconut cream (1/3 cup), dried garlic (1 tsp.), fresh cilantro (1/2 cup), lemon juice (1/2 lemon), salt to taste

How to prepare: add all the ingredients, except the chicken, into a blender. Chop the chicken and add to the resulting mixture. Enjoy!

## #5 Zucchini noodle salad with tomatoes and olives

Ingredients: zucchini (5), sea salt (2 tsp.), olive oil (1 tbsp.), white balsamic vinegar (1 tbsp.), cherry tomatoes (1 cup), pitted black olives (1 cup)

How to prepare: peel the zucchini and sprinkle the resulting noodles with salt (drain the excess moisture). Add the olive oil and vinegar. Then, add the chopped tomatoes and olives. Enjoy!

## Chapter 6: Dinner

When it ' s time to prepare dinner, you want to make sure that it is light, quick and easy. In this chapter, you will find a number of delicious whole food recipes, recommended for healthy dinners. Let ' s check them out.

### #1 Thai beef salad

Ingredients: beef sirloin (1 ½ lb.), shiitake mushrooms (16), fresh ginger (1 tbsp.), garlic cloves (4), red chili flakes (1 tsp.), butterhead lettuce (4 cups), red bell pepper (1), red onion (1/2), cilantro (1/4 bunch), basil leaves (16), fish sauce (1/4 cup), lime juice (2 tbsp.), coconut oil (1/4 cup), salt and pepper to taste

How to prepare: take a bowl and combine the beef with the mushrooms, ginger, garlic and red chili flakes. Season and leave it aside. Take another bowl and mix the lettuce with the bell peppers, onions, fresh cilantro and basil leaves. Sauté the first mixture into a pan and cook until the beef is through. Add the fish sauce into the pan. Add everything into the other bowl. Enjoy!

## #2 Onion soup

Ingredients: coconut oil (2 tbsp.), onions (8 cups), balsamic vinegar (1 tbsp.), pork stock (6 cups), salt (1 tsp.), bay leaves (2), fresh thyme (2 sprigs)

How to prepare: sauté the onions into the pan. Add the balsamic vinegar and then the pork stock. Take the bay leaves and thyme and add them into the pan. Season with salt. Cook the mixture into a pressure pot, then blend the soup (make sure that you remove the bay leaves and thyme first). Enjoy!

### #3 Salmon and avocado salsa

Ingredients: salmon (2 pounds), cumin (1 tsp.), smoked paprika (1 tsp.), onion powder (1 tsp.), coconut oil (1 tbsp.), sea salt and pepper to taste; for avocado salsa: avocados (2), red onion (1), jalapeno peppers (3), lime juice (3 limes), olive oil (2 tbsp.), fresh cilantro (2 tbsp.), sea salt and pepper to taste

How to prepare: take a bowl and add all the ingredients for the avocado salsa. Then, place the bowl in the fridge. Mix all the spices for the salmon and coat the fish in them. Bake the salmon into the oven and serve with avocado salsa. Enjoy!

#### #4 Cashew beef stir fry

Ingredients: grass-fed ground beef (1 ½ lbs.), bell pepper (1), onion (1), water chestnuts (1 can), raw cashews (1/2 cup), fresh ginger (2 tbsp.), fresh garlic (1 tbsp.), coconut aminos (4 tbsp.), salt and pepper to taste

How to prepare: stir fry the beef until it turns a brown color. Add the fresh ginger, garlic and coconut aminos. Then, add the bell pepper, onions and water chestnuts. Season with salt and pepper. Add the toasted cashews and serve. Enjoy!

## #5 Avocado BLT egg salad recipe

Ingredients: avocado (1), eggs (6), grape tomatoes (3/4 cup), bacon strips (4), scallions (1/2 cup), ground garlic (2 tsp.), Himalayan sea salt (1/2 tsp.)

How to prepare: boil the eggs until they become hard. Cook the bacon strips until crispy. Combine the eggs with the avocado, garlic and Himalayan salt. Add the diced bacon strips, halved tomatoes and chopped scallions. Enjoy!

## Chapter 7: Snacks

The whole food program is based on the idea of healthy snacks, helping you satisfy your hunger between the meals. In this chapter, you will find several suggestions for healthy snacks. Be sure to go through all of them and try them out, one by one.

Here are the snacks you can consider:

### Lara bars

- Mixture of fruits and nuts

- Seasoned with cinnamon and nutmeg

- No sugar or artificial ingredients

- Different varieties available (coconut cream pie, banana bread, chocolate coconut chew or cashew cookie)

- Avoid the varieties that contain peanuts (not allowed)

### Dried fruit

- Recommended – dried apple slices

- Seasoned with cinnamon

- May also contain citric acid

### Mixed nuts

- Crunchy and salty snack

- Avoid mixed nuts that have been cooked in canola/soy bean oil (not allowed)

- No peanuts allowed in the mixture



## Smoothie

Ingredients: frozen berries, spinach, kale, ground flax, banana, almond milk

How to prepare: blend all the ingredients together until smooth and serve

## Apple with cinnamon and almond butter

Cut apple slices and sprinkle cinnamon on top of them

Serve them with a little bit of almond butter

Avoid almond butter that contains sugar (not allowed)

## Guacamole

Ingredients: avocados, tomatoes, spices (oregano)

How to prepare: blend all the ingredients together and refrigerate before serving

## Applesauce with cinnamon

Recommended – unsweetened applesauce variety

Helps reduce the craving for sugar

Can add nuts (extra protein source)

## Olives

Perfect snack, no matter the variety

Recommended – stuffed olives

## Grass fed beef jerky

Avoid those that have artificial coloring

## Marcona almonds

Salty and delicious snack

Avoid those that are roasted in canola oil (not allowed)

You can purchase them raw and add sea salt or spices

## Pumpkin seeds

Perfect snack to satisfy your hunger

Can also roast the seeds from a fresh pumpkin in the oven.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to understand how easy, enjoyable, and effective whole foods can be.

The next step is to start and experiment with these different recipes and experience the health benefits attached to them.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

# ***A Beginner ' s Guide To The Phenomenal Powers Of Essential Oils***

***Essential Oil Recipes For Weight Loss, Aromatherapy, Stress Relief And Anti-Aging***

***Bonus Info On My Favourite Diet***

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## **Introduction**

I want to thank you and congratulate you for downloading the book, “ A Beginners Guide To The Phenomenal Powers Of Essential Oils ” .

This book contains proven steps and strategies on how to feel healthier, increase energy and live a happier lifestyle.

Why is it that when most people think of health and fitness, their first instinct is to feel discouraged and act as though the whole idea doesn ’ t exist? Sure we can ’ t all be fitness experts, but if you ’ re really serious about getting back into shape and feeling better, there are techniques that can help you work for that body you ’ ve always wanted. Whether it ’ s losing weight or having more energy, using essential oils is a great way to start.

While your body ’ s natural energy level slows down as your age increases, that doesn ’ t mean that you should give up on your health goals. No matter what stage of life you ’ re in, there ’ s still so much you can do to improve your physical, and mental wellbeing and reading this book is the first step to living the life you ’ ve always wanted.

For centuries, humans have been using essential oils to promote health and improve their well-being. Even today, with all the modern medical technology and tons of medications available, essential oils still remain to be effective in promoting relief, relaxation and other positive effects on health.

Learn what essential oils can be used for specific purposes. This book will guide through all there is to know about how to best use these oils and how to safely use them.

### **This Book Will Teach You:**

What Essential Oils Are

Why You Should Use Essential Oils

How To Make Your Own

And So Much More!

So what are you waiting for? Start reading and make that change in your lifestyle today!

Thanks again for downloading this book, I hope you enjoy it!

Don ' t forget to check out one of my favourite diets and learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet at the bottom.





## **Chapter 1 Using Essential Oils for Weight Loss**

Essential oils are usually all about aromatherapy for calming, stress relief and for generally feeling good. Weight loss is among the long list of benefits from using essential oils, though most people are not aware of it. Essential oils can help in effective and safe weight loss, if done right with the right oils.

### **Grapefruit Essential Oil**

This oil is more commonly used as a disinfectant and antiseptic. Grapefruit essential oil can help with weight loss. Its crisp, uplifting sweet aroma helps to achieve desired weight. It works through the following effects:

Curbing cravings

Boosting metabolic rates

Increasing energy

Increasing endurance

Reducing accumulation of fat over the abdomen

Grapefruit essential oil helps in weight loss because of the natural compounds it contains. These compounds help in the various steps towards achieving desired weight. One of these compounds is nootkatones. This natural compound stimulates AMPK, an enzyme in the body that controls energy levels and metabolic rates. When nootkatone activates AMPK, chemical reactions in the skeletal muscles, liver and brain are sped up. This reaction improves physical performance, increases endurance, reduces weight gain and decreases body fat. Exposure to grapefruit at least 3 times per week at 15-minute intervals showed can reduce appetite and accelerate weight loss.

Another compound in grapefruit that can help with weight loss is limonene. This promotes

lipolysis in the body. This process involves breakdown of body fat and proteins, which contributes to weight loss.

## **Lemon Essential Oil**

Lemon essential oil is obtained by cold pressing lemon peel. This oil has a clean, refreshing pick-me-up scent with an overtone that's slightly sour.

This is another essential oil that can help you lose weight. This goal is achieved through these actions:

Suppressing weight gain

Increasing energy levels

Enhancing mood

Relieving pain

Lemon essential oil contains the chemical compound limonene. This has very powerful fat-dissolving effects in the body. If used together with grapefruit, there'll be greater fat burning and more weight loss.

Mood enhancement contributes to weight loss. Aside from improving negative feelings, the levels of norepinephrine are increased. This is a stress hormone and a neurotransmitter that plays important roles in the fight-or-flight mechanism. Increased levels of norepinephrine promote better oxygenation of the brain tissues. With this, cognitive function improves.

Other functions of the brain are also improved such as better heart rate regulation. This results to increased heart rate and better blood flow. These conditions help the muscles to work better and faster. When the muscles are functioning better, it will be easier to perform exercises that can burn all those excess fats. Lemon essential oil also helps in relieving muscle fatigue and soreness after an exercise.

## **Peppermint Essential Oil**

The minty freshness of peppermint oil makes it among the favorite essential oils of all time. This oil contains the compound menthol that has a cooling and calming effect.

Peppermint oil helps the body by:

Reducing appetite

Improving digestion

Elevating mood

Increasing energy

Increasing mental alertness

Peppermint essential oil contains as much as 70% menthol. For centuries, this oil is used for medicinal purposes, particularly for relief of digestive problems like indigestion. It can also relax the muscles and relieve soreness and pain. If mixed with caraway oil, peppermint oil can ease the stomach muscles. This mixture reduces bloating and improves bile flow. These helps improve food digestion and movement along the gastrointestinal tract. Food passes through the tract faster.

This essential oil has natural suppressant effects on appetite. One study found that just inhaling the scent of peppermint oil lowers hunger levels. There are fewer calories consumed too. The participants of this study inhaled the scent of peppermint oil every 2 hours.

## **Cinnamon Essential Oil**

This essential oil is taken from the leaves and the inner bark of the cinnamon tree, *Cinnamomum* sp. The scent of cinnamon essential oil is warm and sweet.

Benefits in the body include:

Improvement in insulin sensitivity

Better regulation of blood sugar levels

Reduction in inflammation

The effect of cinnamon oil on insulin has a huge impact on weight. Insulin is a hormone that plays a major role in regulating blood sugar levels. It converts sugar in the blood into energy that can be used by the various tissues. Or, it can convert sugar in the blood into fats to be stored within the tissues. If insulin sensitivity happens, the cells become resistant to the effects of insulin. Instead of burning some of the sugar in the blood, the body mistakenly store most of it as fats.

Weight gain happens and attempts at weight loss become difficult. Insulin resistance leads to higher blood sugar levels that trigger higher insulin production. Both these conditions worsen insulin resistance and increase the risk for the development of type 2 diabetes. Cinnamon extract improves the sensitivity of the cells to insulin, promoting better regulation of blood sugar levels. The improvement in how the body uses. Metabolizes and stores sugar can help in regulating fat storage and promoting better fat burning.

Inflammation also plays a major role in weight gain. Acute inflammation is beneficial in the body. It protects the body from further injuries. It is also among the vital initial response to infection. Chronic or prolonged inflammation is a threat to the tissues in the body. To protect itself, the body pads the different organs. The padding is created by accumulating more fat around the organs. And because the accumulated fat serves as a protective padding, any attempt at burning them (i.e., exercise and diet to lose weight) will prove to be almost impossible.

The body will not easily give up its protection, unless inflammation goes away. Cinnamon helps in this concern. This fragrant essential oil can inhibit the release of inflammatory molecules in the body. This is a very important step towards reduction of inflammation. Once inflammation subsides, the body will be more willing to shed the fats.

## **Other essential oils to try**

Aside from the discussed essential oils above, there are more essential oils out there worth trying. These essential oils are just as effective as the ones discussed above in promoting weight loss.

Fennel

Bergamot

Sandalwood

Celery seed

Cloves

Tangerine

Orange

Mandarin

Lemongrass

Ginger root

Spearmint

Eucalyptus

Patchouli

Cypress

Juniper berry

Laurel

Rosemary

Jasmine

Hyssop

Ototea

Rose geranium

## Lavender

### **How to Use Essential Oils to lose weight**

Safe use is just as important as choosing the right essential oil. Inhalation is the most common method of use. It is also the least risky. Some essential oils may cause allergic reactions when applied directly to the skin. Never ingest or add to food.

Topical use can be safe as long as the essential oil is properly diluted with carrier oil. Test for allergic reactions through a patch test before applying to larger skin areas. Avoid getting the skin applied with essential oil exposed to direct sunlight. This is most important when using citrus essential oils. Avoid direct sunlight from 12 to 18 hours after applying the oils to the skin.

### ***Massage oil for fat reduction***

Mix 5 drops each of cypress, lemon and grapefruit essential oil. Dilute with ¼ cup of almond oil. Massage over areas like the thighs, upper arms and over the belly.

### ***Anti-cellulite rub***

Mix 10 drops of grapefruit essential oil and 5 drops of rosemary essential oil. Add 2 drops each of ginger, peppermint and cypress essential oils. Dilute with carrier oil such as olive oil, jojoba or almond oil.

### ***Rejuvenating bath***

Prepare a warm bath. Add 5 drops each of ginger, sandalwood, grapefruit, lemon and orange essential oil.

### ***Appetite suppressing diffusion***

Combine 40 drops of mandarin essential oil to 20 drops of lemon oil, 12 drops of ginger oil and 12 drops of peppermint oil. Add a small amount of the oil blend to the diffuser.



### ***Metabolism-boosting soak***

Prepare a warm bath. Mix together 2 tablespoons jojoba oil, 10 drops each of rosemary and cypress oil, and 8 drops grapefruit essential oil. Add this oil blend to bath water.

### ***Craving-curbing salve***

Combine ½ cup of olive oil, 80 drops fennel essential oil, 40 drops bergamot oil and 24 drops patchouli essential oils. Use this to massage the abdomen.



## Chapter 2 Using Essential Oils for Aromatherapy

Aromatherapy is most popularly known for using the scent of essential oils to promote relaxation and stress relief. Essential oil blends can also be use for relief from common ailments. These essential oils are also used to promote overall health and well-being.

### Massage Oils

For massage or body oils, essential oils are always diluted with carrier oils. These are other herbal or vegetable oils such as coconut oil or jojoba oil. Dilution is important to avoid any negative reactions when using essential oils directly on the skin. While essential oils are generally safe, some may contain compounds that can be irritating to sensitive individuals.

Safe dilution guidelines include:

*For oils meant for infants and young children:* Add 3-6 drops for every ounce of carrier oil to create 0.5 to 1% dilution that's generally safe for these young ones.

*For oils meant for adult use:* Several dilutions are used for various purposes. Common dilutions are:

2.5% dilution: add 15 drops of chosen essential oil for every ounce of carrier oil

3% dilution: add 20 drops of chosen essential oil for every ounce of carrier oil

5% dilution: add 30 drops of chosen essential oil for every ounce of carrier oil

10% dilution: add 60 drops of chosen essential oil for every ounce of carrier oil

Massage oils are generally used for the following conditions:

Anxiety/stress

Migraines

Headaches

Insomnia

Rheumatism & arthritis (sub-acute phase)

Relief for acute or chronic pain

Chronic muscular or joint aches and pains

Reduction of inflammation

Relief of muscle spasms

Immunity enhancement

Relaxing and soothing the nervous system

Pregnancy and childbirth massage

Part of treatment of strains, sprains and other repetitive movement injuries

### **Facial lotions, creams and oils**

Essential oils are added to basic, unscented facial lotions and creams to enhance their effects. Facial oils can be made by blending essential oils and carrier (herbal/vegetable) oils.

The skin over the face is thinner and more sensitive than the skin over the rest of the body. Make sure to use mild oils (both essential and carrier) and dilute properly to avoid any negative reactions. Safe dilution rates are:

*For adults with sensitive skin: 0.5 to 1% dilution= Mix 3-6 drops of essential oil per ounce of carrier oil*

*For adults with normal and healthy skin: 1-2.5% dilution= Mix 6-15 drops of*

essential oil per ounce of carrier oil

Facial lotions, creams and oils are not just for use on the face. These can also be used in other skin areas for these purposes:

Slow down skin aging

Promote wound healing

Reduction and improvement of scar appearance

Balance production of sebum

Support and enhance proper immune cells function in the skin

Improve local skin circulation

Promote skin detoxification

Improvement in skin tone

Soothe and soften skin

Promote skin hydration when used with cream or hydrosol/water

## **Baths**

For healthy, soothing and relaxing baths, essential oils are added to dispersing agents before added to warm bath water. Generally, aromatherapy baths are prepared by mixing 2 to 12 drops of essential oils to 1 teaspoon of whole milk, honey or vegetable (carrier) oil.

Aromatherapy baths are great for:

Reducing anxiety/stress

Soothing physical or mental fatigue

Alleviating muscular pains, tension and aches

Enhancing circulation of lymph

Stimulating better blood circulation

Reducing stiffness and pain

Improving health and skin tone

Supporting skin detoxification

## **Steam Inhalation**

This is one of the more popular aromatherapy methods for improving respiratory and immune function. Simply boil water and add 3 to 7 drops of essential oils. Some of the best ones to use for this include tea tree oil, eucalyptus oil, lemon oil, and thyme essential oil.

Steam inhalation is used for:

Congestion in upper respiratory tract (cold or flu)

Sinus infection or sinusitis

Enhancing respiratory function

## **Diffusion**

Diffusion spreads the aromatic and healing scents of the essential oils in the room. There is a commercially available diffuser that can be used. This method is used for these purposes:

Environmental ambiance

Insomnia and other sleep disorders

Anxiety / stress reduction

Mood enhancement

Improve air quality

Improve alertness

Reduce airborne pathogens

## **Essential Oil Blends that Promote Mental Clarity**

*For improved memory and concentration:*

Mix 5 drops each of hyssop oil, rosemary, lemon and peppermint essential oils.

*For increased mental alertness and quick “pick-me-upper:*

Mix 2 drops each of peppermint and wild orange essential oils.

*For headache relief:*

Mix equal amounts of rosemary, lavender, thyme, marjoram and peppermint. Add to a diffuser for better results.

## **Essential Oil Blends that Energizes**

### *To increase energy levels*

Mix equal amounts of energizing earthy essential oils like ginger and frankincense oils with green herbal oils such as rosemary, peppermint and basil.

### *To invigorate the mind and body*

Mix 4 drops of wild orange essential oil and 4 drops of peppermint oil. Inhale by placing a few drops of the blend to a handkerchief or to a diffuser.

### *To increase performance and vigor*

Mix 2 drops each of grapefruit and peppermint essential oils.

### *To boost overall energy levels within you and the environment*

Mix 8 drops of grapefruit oil, 4 drops of lavender oil, 4 drops of lemon essential oil, and 2 drops of basil essential oil.



## **Essential Oil Blends that Lifts the Mood**

*For improved atmosphere during gatherings*

Mix 3 drops each of lavender and bergamot essential oils with 2 drops of geranium essential oil.

*For emotional healing*

Combine 2 drops each of bergamot, wild orange, frankincense, and bergamot essential oils. Add this oil blend to a diffuser.

## **Essential Oil Blends that Support Immunity**

### *To clear nasal passages and promote healthy immune response*

Combine 2 drops each lemon, peppermint and lavender essential oils. Place this blend in a diffuser. This blend is best used during the summer and spring months.

### *To strengthen the respiratory function*

Combine a drop each of rosemary, eucalyptus, peppermint, lemon and lime essential oil. Add this to a diffuser. This blend is very helpful in strengthening the respiratory system during flu and colds season.

### *To combat colds*

Combine 20 drops of orange oil, 10 drops each of juniper berry, pine and eucalyptus essential oils. Add 6 drops each of ginger and rosewood oils. Lastly, add 4 drops of ginger essential oil. Add a few drops of this blend to a diffuser when feeling under the weather or when a cold bug is starting to hit.

### *To prevent colds and flu*

Mix 5 drops of lavender oil, 5 drops of eucalyptus oil, 3 drops of ravensara, and 2 drops of bay laurel oils. Use this blend in a diffuser during the entire colds and flu season to prevent getting sick.

### *To relieve allergy symptoms*

Blend 2 drops each of lavender, lemon and peppermint oils. Inhale through a handkerchief with a few drops of this blend or use with a diffuser.

## **Essential Oil Blends that Promote Sleep and Relaxation**

### *For a relaxing atmosphere*

Add 2 drops each marjoram, orange and lavender essential oils. Then add 1 drop of Roman chamomile and 1 drop of German chamomile. Add this blend to a diffuser.

### *For a soothing atmosphere*

Blend 6 drops of lime oil, 6 drops of bergamot oil and 6 drops of grapefruit essential oil. Add 4 drops of ginger essential oil and 2 drops of sandalwood essential oil. Add this blend to a diffuser.

### *For winding down at the end of the day*

Combine 10 drops of lavender essential oil and 2-3 drops each of palmarosa and rose geranium essential oil.

### *For sleep*

Blend 1 drop of each of the following essential oil: ylang ylang, patchouli, lavender and bergamot. Place in a diffuser and use it near the bed to promote faster falling asleep.



## **Chapter 3 Using Essential Oils for Stress Relief**

Stress relief is also among the top benefits of using essential oils. These are convenient relief measures because you can carry them anywhere. They come in small containers yet packed in strength and effectiveness. Using them is quick and easy. Just a few drops on a handkerchief or clothes and you can smell the stress-relieving aroma all day. You can add a few drops to a diffuser and keep your workplace, car or home smelling nice and relaxing at the same time. You can also use some essential oils for a more relaxing massage or a calming bath.

The scent and the molecules of essential oils can trigger the areas of the brain that control emotions. They promote the release of chemicals in the body that promote relaxation, better mood and calming energy. Essential oils for stress relief are categorized into 3:

Essential oils influencing the emotional component of stress

These essential oils promote calmness and relaxation in the body. This includes:

Roman chamomile oil for restlessness; promotes calmness

To use for stress relief, apply 2-4 drops of oil on the wrists and ankles. This will promote better energy flow in the body to fight stress. Add a few drops to a handkerchief and breathe it throughout the day. Place about 2-4 drops in a diffuser and make the workplace or home smell relaxing and calming.

Geranium for release of negative memories; has uplifting, relaxing effect

To use, dilute it with preferred carrier oil (jojoba, almond oil, olive oil,

coconut oil, etc) at 50:50 ratio. Use 2 to 4 drops of the blend on the temples and abdomen. Add the same drops to a handkerchief or on your palms and inhale the invigorating scent. Add a few drops of this oil blend to a diffuser and make the home or workspace smell relaxing and uplifting.

#### Lavender for ease of stress, frustrations and anger

To use for stress relief, apply 2 to 4 drops to a handkerchief or diffuser to directly inhale its calming scent.

#### Marjoram, the “Happiness” herb; supportive function for healthy nervous system

Before using, dilute to a 50:50 concentration with preferred carrier oil. Then directly inhale by applying a few drops of the diluted oil blend to a diffuser or handkerchief.

#### Lemon balm for release of negative emotions from the heart

This is among the most expensive essential oils, next to rose essential oil. The cost of distillation is expensive because a lot of plant parts are used and only a tiny amount of essential oil can be obtained. About 3 tons of material from lemon balm plant only yields 1 pound of essential oil. The cost of the oil can reach to about \$15,000 per pound of pure (therapeutic grade) lemon balm oil. Per 5ml bottle would usually fetch anywhere from \$150-\$250.

There are some that offer a much cheaper price, of about \$10 per 5 ml. In the world of essential oils, high quality oils produce the most benefits and the great ones are really expensive.

To use lemon balm oil for stress relief, use neat or undiluted. Directly inhale the scent by [lacing a few drops on a diffuser or handkerchief.

Other essential oils under this category include the following. How to use these are the same as the previously discussed essential oils for this category.

Vetiver for grounding effect

Bergamot for calmness; uplifting

Jasmine for relaxation; uplifting

Tangerine for calmness

Orange for joy and pace; elevates mind and body

Essential oils supporting the physical component of stress

These oils support physical components, such as muscle tension and soreness, joint pains, increased heart rate, increased blood pressure and the like. Because of their effect on improving the physical aspect affected by stress, these essential oils are also considered as tonics. These essential oils are:

Thyme

Use in a 20:80 dilution, where 1 part thyme essential oil is diluted to 4 parts vegetable oil. Use over sore or tensed muscles or inhale its scent to invigorate tired and stressed muscles.

Valerian

This oil has a woody and musty scent. To use, apply the oil directly on sore or tense muscles. Inhale via a diffuser or simply adding a few drops to a handkerchief.

Lavender

Apply directly to tired and stressed muscles. Inhale its scent to promote overall relaxation.

Patchouli

Use it undiluted or neat. Apply small amount on sore, tired muscles. Inhale the invigorating scent through diffusers or on a handkerchief.

## Black pepper

Use in a 50:50 dilution. Apply on stiff or sore muscles. Inhaling the scent also helps to relax stressed muscles.

## Essential oils affecting fear

Essentials oils that affect fear are those that ground the body, bringing it back into proper alignment with the mind. This keeps a person present, more aware of the moment or of present reality. To use these oils, follow the same guidelines as the other essential oils previously mentioned. These oils include:

Lemon (use at 50:50 dilution)

Lemon balm (use undiluted)

Vetiver (use undiluted)

Rose (expensive; use undiluted)

Ylang ylang (use neat or undiluted)

There is also the mental component of stress, which can also be influenced by essential oils. These oils calm the mental chatter that adds to the daily stress. It also releases the negativities that weigh the mind and body down. It promotes mental clarity and helps in achieving greater mental focus. Essential oils for this component include:

## Rosemary

Use at 50:50 dilution. Apply 2 to 4 drops to tense areas. Directly inhale by adding a small amount to diffusers or handkerchief.

## Peppermint

Use in the same manner as rosemary essential oil.



## Lemon

Use in the same manner as rosemary essential oil.

## Cedar wood

Use it neat or undiluted. Apply to knotted, tense muscles, over the temples, wrists and/or ankles. Inhale by adding to diffusers or placing a few drops on a handkerchief.



## **Chapter 4 Using Essential Oils for Anti-Aging**

Aging can be slowed down with the use of essential oils. Certain oils can bring back the youthful glow of the skin and make it feel softer and smoother. These oils are even more powerful than the ultra-expensive anti-aging serums available commercially. It may be DIY but its effect rivals those expensive serums.

### **Apricot kernel oil**

This is among the top carrier oils used for blends meant for healing and rejuvenating the skin. Apricot kernel oil contains an abundant amount of omega-6 gamma linolenic acid. This promotes lots of desirable things when applied to the skin. It has a rejuvenating effect. It nourishes the skin and hydrates it. The vitamin A and E in this carrier oil promote regeneration of the skin cells, replacing old and dry ones. These also promote collagen production that keeps the skin elastic. Collagen reduces the appearance of wrinkles and fine lines.

The skin readily absorbs apricot kernel oil. It leaves a non-greasy feel, making it perfect to use on all skin types. It is safe and works great from oily skin to dry or sensitive skin type. This oil is also one of the most recommended natural oils to hydrate and heal very dry skin.

## **Sweet almond oil**

This oil is rich in vitamins K and E. These vitamins promote skin cell regeneration and maintain elasticity. It also enhances better blood circulation to the skin. Blood brings oxygen and more nutrients to keep the skin healthy and younger looking. Blood also gives the necessary hydration to keep skin supple. Proper blood circulation also means waste from the skin cells are removed and brought to the proper organs for excretion.

Sweet almond oil has natural UV-blocking abilities. This can protect the skin from accelerated aging due to UV radiation (photoaging). This is the highly recommended oil for people who spend lots of times under the sun.

This oil has no odor. This makes it perfect as the carrier oil because it will not interfere with the scent of added essential oils. This is also perfect for people who do not like to wear essential oils with strong scents.

Sweet almond oil is lightly oil. It does not leave a very heavy greasy feel to the skin after application. Its consistency is almost the same as that of olive oil. It is easily and quickly absorbed by the skin.

## **Organic Virgin Coconut Oil**

This oil is full of vitamin E, which is a very potent antioxidant. It protects the skin from oxidative damage caused by free radicals. Oxidative damage is among the major factors that cause premature or accelerated aging. It makes the skin dry, wrinkly and prone to more damage. The vitamin E in organic virgin coconut oil is excellent in preventing these. Because of this capability, this oil is among the leading carrier oils used for anti-aging serum.

Aside from the antioxidant vitamin E, coconut oil also contains a great amount of medium-chain triglycerides called lauric acid. This is a very healthy compound that can help delay the signs of skin aging. It also has potent anti-bacterial properties that are mild on the skin but tough against bacteria. Both vitamin E and lauric acid work together to promote skin healing while treating or preventing skin infections.

Anti-aging is not the only benefit from using coconut oil on the skin. It also helps in preventing or reducing the formation of cellulites. Coconut oil strengthens the skin's outer layer, the epidermis. This benefit also leads to fading of stretch marks and in eliminating a condition called keratosis pilaris.

Coconut oil has natural sunscreen properties. It protects the skin from damage when exposed to the harmful UV rays. It's all natural and 100% free from artificial compounds that can be damaging to the skin.

## **Avocado Oil**

This oil is very thick compared to the previously discussed ones but is one of the healthiest. Avocado oil is rich in plant sterolins, compounds that boost the skin's collagen production. Collagen improves skin elasticity and makes it look supple and younger looking. Vitamin A and E are also abundant in avocado oil. These vitamins are among the best ones that promote better skin health and delay the appearance of signs of skin aging.

Avocado oil might prove too thick for sensitive or thin skin areas such as over the face. Use this oil only at night or when planning to spend the entire day at home. Applying it on the skin may leave a shiny, oily look.

## **Argan Oil**

This oil is composed of about 80% fatty acids. Argan oil is wonderful to use to promote better skin hydration. These fatty acids also help in restoring the skin's elasticity and prevents the appearance of fine lines and wrinkles.

## **Rosehip seed Oil**

This can be used as the carrier oil or as an auxiliary ingredient. Rosehip seed oil is best known for the highest concentration of natural vitamin A in any botanical oil. Vitamin A in rosehip seed oil is in the form of ATRA or all-trans retinoic acid.

ATRA is very effective in reducing how deep the wrinkles are and in fading fine lines. It is also among the top oils that promote recovery of damaged skin. ATRA boosts the rate of new skin cell growth to replace dry, damaged and old skin cells. It also boosts the production of collagen deep beneath the surface of the skin.

Essential fatty acids found in large quantities in rosehip seed oil include omega-6 linolenic acid and omega-6 linoleic acid. These essential fatty acids support and improve the skin's appearance, texture and elasticity.

Compared to most other botanical (essential) oils for skin care, rosehip seed oil is much lighter. This makes it an ideal oil to use without the greasy feel and look on the skin.

### **Carrot seed Oil**

Rich in carotenoids, carrot seed oil has great antioxidant properties. This boosts the body's natural protective immune response against the harmful UV rays of the sun. This action promotes greater protection against sun damage. Carotenoids stimulate skin cell rejuvenation. These also support the detoxification process that clears the skin of any waste, dirt and toxins. These properties all contribute to the effectiveness of carrot seed oil in promoting skin health. With these properties, carrot seed oil can also help in the treatment of chronic skin problems like psoriasis and eczema.

### **Geranium Oil**

This oil is very effective in reducing inflammatory skin conditions. It can lighten any age spots and helps to even out the skin tone. Geranium oil promotes better blood circulation under the skin surface. Better blood flow supports faster cell regeneration. This is very helpful in fading wrinkles, scars and other skin imperfections.

### **Sea Buckthorn Berry Oil**

This oil is rich in vitamins that can effectively reverse the signs of aging. This oil hydrates and moisturizes dry skin. It is also used in treating acne. Applying sea buckhorn berry oil can reduce the visibility of skin problems such as eczema and hyperpigmentation.

### **Pomegranate Oil**

Antioxidant content of pomegranate oil is very high. This oil is a great choice when fighting oxidative damage from free radicals that brings signs of skin aging such as wrinkles and age spots. The antioxidants can also slow down the process of skin aging.

Pomegranate oil has ellagic and punicic acids that further nourishes the skin, enhances its elasticity and accelerates cell regeneration. This oil is also used to soothe damaged, dry, burned or irritated skin, such as those affected by psoriasis or eczema.

### **Neroli Oil**

This oil is rich in compounds that have potent antiseptic, antibacterial and anti-inflammatory properties. Neroli oil has a soothing effect when applied over irritated or damaged skin. It helps with scar healing and improvement in blood circulation to the skin. It is also helpful in reducing fine lines and wrinkles and in fading stretch marks.

### **Cypress Oil**

This oil has positive effects on blood circulation. This effect helps in reducing the appearance of broken capillaries and varicose veins under the surface of the skin. Cypress oil can also strengthen the skin.

### **Frankincense Oil**

This oil stimulates the skin cells to regenerate faster. It also reduces scar, as well as wrinkles and fine lines. Applying frankincense oil tightens sagging skin, evens the skin tone and balances skin pH.

### **Lemon Oil**

This oil is effective in lightening unsightly dark spots. It prevents and reduces fine lines and wrinkles.

### **Sandalwood Oil**

Irritated and damaged experience soothing relief when sandalwood oil is applied. This oil also helps in fading scars, wrinkles and lines to achieve smooth skin.

### **Myrrh Oil**



Younger-looking, healthy skin complexion can be achieved with daily application of myrrh oil. Skin also becomes smoother and stronger with this oil.

### **Rosemary Oil**

Skin tightens when using rosemary oil. Wrinkles and lines are visibly reduced with this oil.

## **HOW TO USE THESE ESSENTIAL OILS FOR ANTI-AGING BENEFITS**

Here are a few recipes to help you get the idea of how to use these essential oils and achieve their anti-aging effects.

### ***Firming anti-aging skin serum***

Mix 2 tablespoons each of sweet almond oil and rosehip seed oil. Add 10 drops of geranium oil and cypress oil and 7 drops of frankincense oil. Apply this serum in the morning and then at night to achieve firmer skin and even skin tone.

### ***Super anti-aging skin serum***

Mix ½ cup of apricot kernel oil with 10 drops each of rosehip seed oil, sandalwood oil and carrot seed oil. Then add 5 drops each of frankincense oil, rosemary oil, myrrh oil, lemon oil and geranium oil. Apply this blend at night after cleansing routine.

### ***Anti-oxidant skin serum***

Combine ½ cup of apricot kernel oil and 20 to 25 drops each of rosehip seed oil and carrot seed oil. Apply after cleansing the skin.

## **TIPS TO MIXING, STORING AND USING ANTI-AGING OIL BLENDS**

### **Mixing Guidelines**

Pour half of the indicated measurement of the carrier oil into a storage container, such as a small bottle. Add the other essential oils before topping off the container with the remainder of the carrier oil.

Always make sure to leave a little space from the top of the bottle. This space will allow the oils room to breathe.

Avoid forceful motions like rapid stirring or vigorous shaking. This will damage the oils' delicate organic compounds.

### **Storing guidelines**

Use glass or ceramic tools when mixing oils. Plastics are good but never allow the oils and their blends to come in contact with metal. This can interfere with the health benefits of the oils.

Avoid exposing the oils and the blends to direct heat or sunlight. This can cause the oils to oxidize faster and easily spoil. Chemical compositions of the oils may also be altered by exposure to light. It's best to use amber colored bottles. The darker, the better.

### **Usage guidelines**

A little goes a long way when using essential oil blends. Use only a few drops to get the desired results.

Perform an allergy test before mixing the oil into any blend. Add a few drops of the oil at the back of the hand or behind the ears. Wait a few hours for any negative reactions like irritation, burning, pain, redness or itching.

## Conclusion

I hope you enjoyed reading about my book on *Essential Oils: A Beginner's Guide To The Phenomenal Powers Of Essential Oils-Essential Oil Recipes For Weight Loss, Aromatherapy, Stress Relief And Anti-Aging*.

I hope this book was able to help you to understand how easy, enjoyable, and effective these oils can be.

The next step is to start and experiment with these different recipes and experience the health benefits attached to them.

Finally, if you enjoyed this book, then I ' d like to ask you for a favor, would you be kind enough to leave a review for this book on Amazon? It ' d be greatly appreciated!

**[Click here to leave a review for this book on Amazon!](#)**

Thank you and good luck!

# **Ketogenic Diet Challenge:**

**Lose Weight Now! Awesome Ketogenic Diet Recipes To Transform Your Life With  
Maximum Fat Loss And Healthy Living**

***Bonus Content Included With Free Report At Bottom***

***Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)***

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# Introduction

If you are looking for ways to lose weight by reducing fat, you have probably heard of the Ketogenic diet. The ketogenic diet is a low carb diet, with a high amount of proteins and a lot of fats. This diet is so effective because it forces your body to burn fats for energy, instead of glucose from carbs. This is a must try diet that I guarantee will help you achieve your goals and make you feel amazing in doing so.

The way the Ketogenic diet works is that it forces the body to convert fat into energy instead of using carbs for energy. This provides your organs with energy to function, and is also very good for their health.

It has been a concern of many people that if your body burns too much fat for energy production, being on a low carb diet will result in inadequate glucose levels. This is actually false and has been proven in numerous studies with people on low carb diets. It is important to understand that even though your body converts glucose to fat, the opposite is not true. Your body however, can use the protein you consume and convert some of it into glucose, and glucose is needed by your body.

One of the major benefits of the ketogenic diet is that it gives you a full feeling for much longer, and this is one of the biggest reasons people avoid different diets. In addition, being on the ketogenic diet results in a low consumption of carbohydrates, which results in greater weight loss. This is because low carb diets help eliminate excess water from your body, which increases the speed your kidney's get rid of sodium.

You may be thinking, how can a high amount of fat be good for you? Many people are unaware that there are two different kinds of fats. There are "bad" fats, which have the tendency to attach to the abdominal organs, and this is some of the hardest fat to lose. Low carb diets help to reduce these fats, and this is important because these fats can cause inflammation, and increase insulin resistance, which will result in long term health issues.

Not all fats are bad however. There are plenty of high quality fats that actually are essential in energy production, and these fats can be found in butter, and olive oil.

In addition to helping reduce weight, these diets help to reduce your chance of heart disease by lowering triglycerides levels. This can be caused by eating too many carbohydrates, which are commonly found in our food.

We will now begin our journey through the ketogenic diet and I have complete confidence that if you start this, you will receive tremendous health benefits and feel much better about yourself as well. Let's get started.

Don't forget to check out one of my favourite diets at the bottom:

Learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet.

*Go to the bottom for more info, and receive your free report and bonus content!*





## **Chapter 1: Feed Me More!**

There are different classes of foods that create the bulk of the Ketogenic Diet. It's important that these food classifications be consumed in the right amounts to achieve the benefits of the ketogenic diet.

## ON 'NET CARBS'

As the popularity of 'low carb' diets has increased over the years, the question many health professionals are asking is, "When is a carb not a carb?"

Food manufacturers want their customers to keep purchasing from them, so in an attempt to offer all of those tasty carb filled foods to low carb conscious dieters, a new category of carbohydrates was created. This new type of carbohydrate claims to offer all of the perks of carbohydrate foods without the down side.

The idea of 'net carbs' was founded in that not all carbohydrates work inside the body the same way. Some are absorbed quickly, forcing a spike in blood sugar levels. Others are stored as fat on the body for later use, and even some carbs (like fiber) work slowly through the digestive track with little of the food actually being absorbed.

Food manufacturers adjust their labels to sport the 'net carbs' on their products, which is almost always significantly less than what the foods actual food label reads. The important thing to note here is that anything on a FDA approved food label is reviewed and given clearance by the FDA, but manufacturers are still legally allowed to put misleading information on the front of the food labels

To calculate net carbs, food manufacturers take the total number of carbohydrates and subtract fiber and sugar alcohols.

The answer is simple; these carbohydrates are claimed to have little effect on blood sugar levels. Some physicians, however, warn that not all fiber and sugar alcohols work this way. In fact, in addition to having a laxative effect and adding calories to an already watched diet, some sugar alcohols can indeed raise blood sugar levels despite claims on the packaging.

## *FATS AND OILS*

There has been a misinterpretation of fats over the years and people have even gone to extreme lengths to avoid fats all together. However, the main focus of the ketogenic diet is to provide the body with fats to be broken down to produce energy.

It's for this reason that there is a heavy emphasis on the intake of fats and oils to provide the body with this type of fuel source. It's also important to remember that there are different types of fats; some can be good while others can be a health risk.

### Saturated Fats

Saturated Fats keep your immunities at optimum levels, bone density normal, and testosterone levels in check. For a long time, these types of fats were categorized as one of the bad “trans-fats” that you shouldn't consume regularly. However, research has shown that they are very necessary for our health; in fact, they pose no risk to the overall health of the body.

Foods that contain this type of fat include meat, eggs, and butter which help improve HDL/LDL cholesterol levels.

### Polyunsaturated Fat

Polyunsaturated fats are highly processed and bad for your health. Studies have shown that the cause of the majority of the heart diseases epidemic is due to liquid vegetable oil and trans-fats. For example, most of the margarines we spread on bread have these processed vegetable oils, so it may be a good idea to regulate its intake.

People should not be confused between natural polyunsaturated fat and processed polyunsaturated fat. Natural polyunsaturated fat, mostly found in fatty fish, help in improving HDL/LDL cholesterol levels. Processed polyunsaturated fat on the other hand worsens HDL/LDL cholesterol levels and therefore becomes risky to your health.

### Monounsaturated Fats

Olive and sunflower oils are some of the examples in this category. This type of fat has come to be widely accepted as healthy. Research has shown that they lead to better insulin resistance levels and better HDL/LDL cholesterol levels, which are beneficial to our overall health.

## Trans Fats

Trans fats are not included in the category of fatty oils, but are worth mentioning as these fats result from chemical modification. The fats go through a hydrogenation process to improve their shelf-life, where the process adjusts the position of hydrogen in the fat molecule. This has been proven to be very harmful for our bodies. It can lead to higher HDL/LDL cholesterol levels that may pose great danger to your health.

## Cholesterols and Fats

Cholesterol is a compound found in most body tissues. It is a very important constituent of cell membranes; these fats are constantly moving throughout your blood stream and danger arises when cholesterol particles bump into each other, forming lumps in major arteries. This can lead to a condition known as atherosclerosis, or the blockage of arteries that can lead to serious health risks such as heart attacks.

In addition to fats, HDL, LDL and triglycerides are also important to the make up of the body.

### HDL

These are high-density lipoproteins. They are usually referred to as the ‘good cholesterol’ and are responsible for transferring cholesterol from body tissues to the liver to be broken down. They also help reduce the amount of LDL in the blood stream by removing unwanted cholesterol from the body’s tissues and reducing the risk of vessel blockages and heart disease.

### LDL

These are the low-density lipoproteins. This is the bad version of cholesterol. LDL takes

processed cholesterol from the liver and transfers it into body tissues increasing the amount of cholesterol in the blood stream and the likelihood of developing arteriosclerosis and heart disease.

### Triglycerides

When one consumes fatty foods, the fats are digested and absorbed into the tissues. While in the tissues, the fat takes the form of triglycerides to make it easy to transport between tissues and the blood stream.

Having a low LDL count reduces the chances of cholesterol particles bumping into each other and will reduce the risk of developing blockages. High triglyceride levels may need an increase in LDL so that they can be transported; this can increase the risk of clumping and increasing chances of a heart disease.

For the ketogenic diet, you should consume foods rich in omega 3 fatty oils, like salmon, tuna, and trout just to mention a few. Additionally, take saturated and monounsaturated fats like butter, macadamia nuts, avocados, egg yolks, and coconut oils. These are preferred because they have a stable chemical structure, which is less inflammatory to the body.

You should aim to reduce your trans-fat intake. This means avoiding use of hydrogenated fats, as they have a high trans fat concentration that is bad for your health. In short, if you like fried foods, go for non-hydrogenated options like ghee and coconut oil. This ensures that oxidation of these oils is at a minimum which means you will get the essential oils without all the trans-fat.

Be wary of the inflammatory omega 6 fatty oils. This can involve watching your intake of anything nut or seed based. Here is a list of the ketogenic diet foods that are a great source of fat and oils that won't give you problems later:

Avocado

Butter

Coconut oil

Olive oil

Chicken fat

Peanut butter

Non-hydrogenated lard

## *PROTEINS*

Proteins are responsible for the repair of worn out cells as well as general growth. Many of our body tissues are mostly protein; from our skin to our hair and even our nails. Proteins help in the creation and regulations of hormones in the blood stream that control various bodily functions.

With the ketogenic diet, protein intake should be adequate. It should be just enough to satisfy your protein requirements, however, you should avoid a high intake of proteins because it may result in the body breaking down proteins for energy. This means the body will disintegrate its own tissues, and in the process, wear itself out.

There are various sources for protein for a ketogenic diet, which include:

Fish of any type.

White and Red Meat

Other sources can include shellfish, like oysters, lobster, and crab. Whole eggs, bacon, and sausages also act as very good sources of proteins as well.



## *VEGETABLES*

Vegetables are extremely important in a ketogenic diet. They are a huge source of vitamins, which are required to generate and maintain a healthy immune system to fight diseases. Go for anything that is grown above ground and is leafy green. However, some vegetables are high in sugar and shouldn't be used in ketogenic diets. The best types of vegetables for this diet are high in nutrients, low on carbohydrates, and are usually dark and leafy. They include spinach and kales or any other vegetable that resembles them. The following can serve as good vegetables for a ketogenic diet:

Spinach

Broccoli

Green beans

Cucumbers

Mushrooms

Butter-head lettuce

Pickles

Cauliflower

Asparagus

In addition, onions, tomatoes, and garlic can be included in a ketogenic diet.

## *DAIRY*

Other things that should be incorporated into low carb diets include full fat dairy products. These include heavy whipped cream, hard and soft cheeses, sour cream, and cottage cheese.

## *BEVERAGES*

One of the effects of being on a ketogenic diet is that you will get very dehydrated, so it is extremely important that you drink plenty of water, in addition to other liquids like coffee and tea. Be careful not to drink any liquids that contain sugar, as these will compromise your diet; staying away from sugary beverages is the best bet. If you crave something sweet, it's okay to use liquid artificial sweeteners. Examples of sweeteners include:

Stevia

Sucralose

Erythritol

Xylitol

Monk fruit

## *SPICES*

Be very careful about the spices you use in your foods. Some spices are high in carbs because they are mostly premixed with sugars; even the common table salt is usually mixed with powdered dextrose, so many people consider using sea salt.

Here is a list of spices that are good for low carb diets:

Sea salt

Black pepper

Cinnamon

Chilli powder

Turmeric

Parsley

Rosemary

Sage



## **Chapter 2: STOP! ... Don ' t Eat That**

What exactly are foods that you should avoid on the ketogenic diet? The following can serve as a general list:

**Sugars:** Avoid anything that has brown sugar, cane sugar, corn syrup, honey, or sucrose. In addition, avoid fruits as most have high levels of fructose and sucrose. In short, if it's 'sweet', don't eat it.

**Grain:** This includes wheat, rice, sorghum, barley and products made from these grains such as wheat flour, pasta, pancakes, cookies, and cakes.

**Corn:** Avoid corn products like cornbread, corn chips, popcorn, and cornmeal. Corn can be used as a thickener or preservative in other products so remember to read labels.

**Starches:** Avoid foods like potatoes, sweet potatoes, and yams. This also applies to their products such as potato chips, French fries, and tater tots.

**Boxed Processed Foods:** Most of these foods are high in wheat and sugars and have high levels of carbs. In addition, avoid canned soups and stews as most contain hidden starchy thickeners.

**Fruits:** Fruits of any kind are high in fructose. Berries have the lowest carbs; therefore, if you want to include a fruit in your diet, one or two berries will not hurt.

Legumes: This includes beans, peanuts, and lentils that have very high starch content.

Beer: Beers are a product of grain, which has high carb content. If you have to drink, consume low carb beers.

Non Diet Sodas: Sweetened soda contains large amounts of fructose and corn syrup, which has lots of carbs that you should avoid.

Milk: Especially skimmed milk because it contains a type of sugar known as lactose. Fermented milk products like yogurt have less lactose because the bacteria used to ferment uses up all the lactose. If you have to include dairy, choose fermented products.

If you are planning to start a ketogenic diet, you should plan to make many sacrifices, especially if you are a food lover. Cutting down on your sugar intake and avoiding starchy foods will go a long way to make the diet a success.





## **Chapter 3: Breakfast Bundles**

### ***Egg Scramble***

#### *Ingredients*

1 Tbsp of unsalted butter

2 large eggs

A pinch of salt and freshly ground pepper

#### *Directions*

Whisk the eggs using a fork

Using a frying pan, melt the butter over low heat.

Add the egg mixture.

Gently push the eggs to the center of the pan and allow the watery parts to run out under the region with a flexible spatula. Let them cook while moving the eggs with the spatula until the eggs are set. This can take about 2 to 3 minutes.

Season with salt and pepper; and serve hot.

## ***Cauliflower Waffles***

### ***Ingredients:***

2 eggs  
1/4 cup mozzarella cheese  
1/4 cup cheddar cheese  
1 cup coarsely ground cauliflower  
1 1/2 Tbsp. chopped fresh chives  
1/2 tsp garlic powder  
1/4 tsp onion powder  
Red pepper flakes  
Sea salt  
Freshly ground black pepper

### ***Instructions:***

Place the cauliflower and cheeses in a food processor. Pulse until thoroughly mixed.

Add the eggs, chives, garlic and onion powders, and a dash each of red pepper flakes, salt, and black pepper. Process until combined.

Pour the mixture into a waffle maker and cook until desired crispness.

Place waffles on a plate and top with yogurt, cream cheese, and/or crumbled bacon.

## ***Pork Bagel***

### *Ingredients:*

3 onions, minced  
4 lb. organic ground lean pork  
2 Tbsp. butter or bacon fat  
1 1/2 cups tomato sauce, no sugar added  
3 large eggs  
2 tsp sea salt  
2 tsp paprika  
1 tsp freshly ground black pepper

### *Instructions*

Set the oven to 400 degrees F to preheat. Line 1 or 2 baking dishes using parchment paper.

Place a nonstick frying pan over medium flame and melt the butter or heat the bacon fat. Stir in the onions and cook until translucent. Remove from heat and set aside to cool to room temperature.

In a bowl, mix together the ground pork, tomato sauce, eggs, salt, pepper, paprika, and sautéed onions.

Divide the mixture into 12 balls, then press the middle of each ball and flatten out to make it look like a bagel.

Arrange the pork bagels on the prepared baking dish and bake for 40 minutes, or until firm.

Set the baking dish on a wire rack to cool slightly. Best served when warm.

## ***Broccoli and Cheese Soup***

### ***Ingredients***

2 cups of broccoli florets

2 cups of water

1/2 cup softened cream cheese

1/2 cup of chicken broth

1/4 cup of heavy whipping cream

1 tsp of salt

Pepper to taste

1 cup of Cheddar cheese

### ***Instructions***

Steam the broccoli florets until tender. Put all the cream cheese, 1/2 cup of the broccoli, all the heavy cream and 1/2 cup of the water in a blender. Mix until it forms a smooth mixture.

Pour this mixture into a large saucepan, and then add the rest of the broccoli, chicken broth, and water. Mix until all the ingredients blend in together. Bring to a simmer over medium heat.

Add the Cheddar cheese when the saucepan has heated and then mix until it melts and consolidates into the mixture.

Add pepper to taste.

## ***Porridge***

### ***Ingredients***

1 1/2 Tbsp of ground pecans

1 Tbsp of flax seed meal

1 1/2 Tbsp of shredded coconut meat

1/3 cup of boiling water

A pinch of salt to taste

Splenda or your preferred sweetener to taste

2 Tbsp of heavy cream

A dash of cinnamon (optional)

### ***Instructions***

Put the flax seed meal, coconut, and pecans in a bowl, and then add salt. Mix by stirring until all the ingredients have blended.

Add boiling water, and stir until it incorporates into the mixture. Leave it for a minute or two and then add the sweetener and cream.

## ***Yogurt Parfait with Chia Seeds***

### ***Ingredients:***

2 cups full fat yogurt

4 Tbsp. chia seeds

1/2 tsp cinnamon

1/2 cup unsweetened almond milk

4 Tbsp. sliced almonds

### ***Instructions:***

In a bowl, combine the almond milk, chia seeds, and yogurt.

Pour 1 layer of the mixture into 2 glasses, then add half of the almonds and cinnamon to each. Repeat until you have 3 layers each.

Place the glasses inside the refrigerator for about 12 minutes to thicken the parfait. Serve chilled.

## ***Breakfast Casserole***

### *Ingredients:*

4 eggs  
1/2 lb. sausage  
1/2 cup grated sharp cheddar cheese  
1 cup heavy cream  
1/2 head cauliflower, finely chopped  
1/2 tsp dried mustard  
1/2 tsp sea salt

### *Instructions:*

Set the oven to 350 degrees F to preheat. Coat a casserole dish with nonstick cooking spray.

Place a nonstick skillet over medium high flame and cook the sausage until browned and crumbled. Save excess fat for another recipe.

Scrape the sausage into a bowl, then stir in the chopped cauliflower, heavy cream, cheese, salt, and mustard. Set aside to slightly cool.

Whisk the eggs in a separate bowl, then stir into the sausage mixture.

Pour the mixture into the prepared casserole dish. Bake for 25 minutes, or until golden brown.



Set on a wire rack to cool slightly, then serve.



## **Chapter 4: Dominant Dishes**

### ***Cheesy Chicken Nuggets***

#### ***Ingredients:***

4 chicken breasts, free range  
2 cups mozzarella cheese  
2 Tbsp. pork rinds  
2 tsp dried oregano, divided  
1/2 cup flaxseed meal  
1 cup Parmesan cheese  
1 tsp sea salt  
1 tsp freshly ground black pepper  
1/2 tsp red pepper flakes  
1/2 Tbsp garlic powder  
3 tsp paprika  
2 large eggs  
3 tsp chicken broth  
1 cup olive oil, divided  
2 cups tomato sauce, no sugar added  
1 tsp minced garlic

#### ***Instructions:***

In a food processor or high power blender, combine the pork rinds, flaxseed meal, parmesan cheese, 2 tablespoons oregano, salt, pepper, red pepper flakes, garlic powder, and paprika. Process until thoroughly combined, then transfer to a bowl.

Pound the chicken breasts using a meat tenderizer down to about 1/2 inch thick. Season both sides with salt and pepper, then slice into bite-sized pieces and set aside.

Beat the eggs in a bowl then whisk in the chicken broth. Set aside.

Set the oven to 400 degrees F to preheat. Coat a casserole dish with nonstick cooking spray.

Place a saucepan over medium low flame and add 1/2 cup olive oil, tomato sauce, minced garlic, and remaining oregano. Cook, stirring occasionally, for 15 minutes.

Dip each chicken breast into the egg mixture, then dredge in the cheesy mixture.

Heat the remaining olive oil in a heavy bottomed skillet over medium low flame. Cook the chicken pieces until golden brown. Drain on paper towels.

Place the chicken nuggets in the casserole dish and add the sauce on top. Sprinkle the mozzarella cheese all over everything, then bake for 10 minutes, or until cheese melts. Serve hot.

## ***Charred Salmon and Green Beans***

### ***Ingredients:***

2 Alaskan salmon fillets, 6 oz. each

2 Tbsp. coconut oil

2 Tbsp. Dijon mustard, divided

1/2 Tbsp. chilli powder

1/2 Tbsp. stevia

1/2 tsp freshly ground black pepper

1/4 tsp dry mustard

1/4 tsp ground cumin

1/4 tsp paprika

1/4 tsp sea salt

Cinnamon

### *Bean Side:*

1 1/2 Tbsp. butter

2 garlic cloves, minced

1/2 Tbsp. olive oil

1/2 lb. green beans

1/4 tsp sea salt

Pinch of freshly ground black pepper

### *Instructions:*

Combine the chilli powder, cumin, salt, paprika, stevia black pepper, and dry mustard in a bowl. Add a dash of cinnamon and mix well. Set aside.

Place a nonstick skillet over medium flame and heat the coconut oil for at least 3 minutes.

Meanwhile, rub both sides of each salmon fillet with Dijon mustard, then press the chilli rub on both sides.

Set heat to medium high and sear the salmon in the skillet for 2 minutes, then turn over. Set heat to medium flame and cook for 8 minutes, or until fish can be flaked easily.

Meanwhile, place a skillet over medium flame and melt together the butter and olive oil. Sauté the garlic for 1 minute, then stir in the green beans and season with the salt and pepper. Set heat to medium low, then cover with the lid and cook for 8 minutes. Stir occasionally to prevent burning.

Arrange the salmon on a platter and place the green beans on the side. Serve at

once.

## *Chicken salad*

### *Ingredients*

2 cups of baby spinach  
1/2 an Avocado  
1/2 chicken breast  
1 Tbsp of Peri Peri Sauce  
1 piece of low sodium bacon

### *Instructions*

Heat the pan over medium heat and cook the bacon until it has turned brown and crispy.

Cut the chicken breast into equal parts while cooking. Put the chicken breast slices in the bacon fat and let them cook for 1 minute on one side then turn on the other side and fry for about five minutes. Before the five minutes are over, slice the avocado, and bacon into small pieces.

Put the avocado and spinach in a large bowl, and then add the peri peri sauce and bacon.



## ***Beefy Ginger***

### *Ingredients*

cut 2 sirloin steaks into stripes

1 onion, diced

1 Tbsp of olive oil

2 small tomatoes, diced

1 crushed clove garlic

3 Tbsp of apple cider vinegar

1 Tbsp of ground ginger

Salt and pepper

### *Directions*

Place oil in a fry pan. Once hot, put in the steaks and brown them.

Add the garlic, onion, and tomatoes when both sides have been properly cooked.

Mix the ginger salt, pepper and vinegar in a bowl then add the mixture to the skillet.

Cover the skillet, and maintain low heat. Let this simmer until all the liquids evaporate.

## ***Chicken Curry***

### ***Ingredients***

3 lbs of chicken thighs  
1 cup of water  
7 oz of paneer packet  
1/2 cup of heavy cream  
1 cup of crushed tomatoes  
1 Tbsp of olive oil  
4 Tbsp of butter  
1 1/2 tsp garlic paste  
2 tsp coconut oil  
1 tsp coriander powder  
1 1/2 tsp of ginger paste  
1 tsp salt  
1 tsp of garam masala  
1 tsp of paprika  
1 tsp freshly ground black pepper  
1/2 Tbsp of red chilli powder  
1/2 tsp of kashmiri mirch  
3 sprigs cilantro

### **Instructions**

Preheat the oven to 375 degrees F.

Rub the chicken thighs with olive oil, salt and pepper to taste then place them on a cookie sheet to roast for about 25 minutes.

Slice the paneer into tiny bits and set aside.

Preheat the pan under medium heat and add the coconut oil and butter. Wait until the butter turns brown and then add garlic paste and ginger. Sauté for about 2 minutes before adding the tomato.

Mix the garam masala, coriander powder, paprika, salt and red chilli powder, blend them and simmer until the oil shows on top. Blend in the paneer slowly then add water and let it simmer for 5 minutes.

Stir the mixture under medium low heat and let it simmer until it comes to a boil again.

When the chicken is ready, remove from heat and pull off the bone, then dip it in the sauce and mix well. Allow to simmer for another 5 minutes then cilantro to garnish and serve hot.



## **Chapter 5: Super Snacks**

### ***Fried Avocado Wedges***

#### ***Ingredients:***

2 eggs  
2 avocados  
2 Tbsp. heavy cream  
1/2 tsp sea salt  
2/3 tsp freshly ground black pepper  
1/3 cup ground pork rinds  
1/2 cup shredded Parmesan cheese  
1/2 tsp garlic powder  
1/3 tsp onion powder  
Olive oil, for frying

#### ***Instructions:***

Pour about 1 1/2 inches of oil into a fry pan. Place over medium low heat and preheat until 375 degrees F.

Meanwhile, beat the eggs and heavy cream together in a bowl.

On a plate, combine the pork rinds, garlic and onion powders, and Parmesan

cheese.

Slice the avocado into 1/2 inch thick wedges and season with salt and pepper.

Coat the avocado wedges in the egg mixture, then dredge in the cheesy mixture. Make sure that the avocado wedges are completely coated.

Carefully drop the avocado wedges into the hot oil in the skillet; do not overcrowd. Fry for only 1 minute, or until golden brown. Remove the fried avocado wedges using a slotted spoon.

Place the avocado wedges on paper towels to drain completely. Set aside for 2 minutes before serving.

## ***Mashed Turnips with Garlic***

### ***Ingredients:***

6 turnips

1/2 cup heavy cream

3 garlic cloves, minced

1/4 cup melted butter

Sea salt

Freshly ground black pepper

### ***Instructions:***

Boil the turnips in a pot of salted water until extremely tender.

Drain the turnips thoroughly, then transfer to a bowl. Mash well, then mix in the heavy cream, garlic, butter, salt and pepper. Best served when warm.

## ***Egg Muffin***

### *Ingredients*

3 Eggs

1/4 cup of Sliced Spinach

3 slices of nitrate free shaved turkey

Mozzarella Cheese

1 1/2 Tbsp Red Pepper

1 Tbsp finely chopped red onion

Fresh Basil (optional)

Salt & Pepper

### *Instructions*

Preheat the oven to 350 degrees F.

Slice the red onions, basil, spinach, and red pepper and grate your mozzarella cheese.

Spray a nonstick muffin tin with olive oil spray, gently drop the piece of turkey in one of the cups and let it rest at the bottom and the sides and expand the cup.

Break an egg and pour it into the cup with the turkey.

Add a little of the sliced red onion, spinach, red pepper and cheese on the egg.



Add fresh basil and sprinkle a little pepper and salt onto the egg.

Put the muffin tin in the oven and bake until the eggs are set. If you want the eggs with a runny yolk, then ten minutes should be enough, but a harder one needs at least 15 minutes.

## Conclusion

By reading this far, it is clear to me that you are motivated to begin your journey to a healthy living. The Ketogenic diet is an awesome place to start, and I know you will receive tremendous results. This diet is an extremely easy and efficient way to lose weight and fat, and turn your body into a health machine. Not only will you lose weight, but there are tons of other health benefits with this diet. Another benefit is that it improves your body's ability to convert fat into energy, and this will boost your energy levels and make you feel great.

Like I said before, by using what I talked about in this book, I have complete confidence that you will achieve your health goals and live a much better life.

Thank you for reading this book. I hope you received value from it and I'm positive it will enable you to make healthier choices to enable you achieve your desired weight loss goals.

Finally, if you enjoyed this book, then I'd like to ask you for a favour, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated! Click the link below to go to the review page on Amazon!

[Click Here to go to the Amazon review page!](#)

I want to reach as many people as possible and more reviews will help me achieve this.

Also, be sure to like my [Facebook](#) page and join the conversation all about health and my latest books!

Thank you and good luck!

If you liked this book, also check out the next book in the series...

But wait, If you haven ' t already watched the important video on how you can lose weight with this 3 week diet plan, you may want to do so. [Click Here To Watch.](#)

# **Paleo Diet Challenge:**

**Lose Weight Now With This Easy To Follow Plan And Recipes For Fat Loss**

*Bonus Content Included With Free Report At Bottom*

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## **Introduction**

If you are looking for ways to lose weight, reduce fat, and increase energy levels, you are in the right place. The Paleo diet is a low carb diet, with a high amount of protein and a lot of vegetables. This diet is sometimes referred to as the “Caveman Diet” because it is basically anything that was eaten by caveman. This diet is so effective because it forces

your body to burn fats for energy, instead of glucose from carbs. This is a must try diet that I guarantee will help you achieve your goals and make you feel amazing in doing so.

If your goal is to lose weight, keep it off, and increase energy levels, you need to eat all natural, non processed foods like the caveman did. The caveman didn't have technology to grow grains or make dairy products, so why would we eat them?. Adapting the caveman diet will not only help you live a healthy and fulfilling life but you will also be able to cut fat and look the way you've always wanted.

This book has unreal tasting recipes that are easy to make and will start you on your journey to healthy living. I have included my top recipes for breakfast, snacks, and dinner. With this book, you will have no problem achieving any health goal you desire and you will never need to skip meals or eat like a bird. Losing weight has never been this easy, and fun!.

One of the major benefits of the Paleo diet is that it gives you a full feeling for much longer, and this is one of the biggest reasons people avoid different diets. Not only will this diet fill you up, but the food you eat will also aid you in burning unwanted fat, without even working out!

Being on a low carb diet will help you avoid the "bad" fats, which have the tendency to attach to the abdominal organs, and this is some of the hardest fat to lose. These fats will also result in long term negative effects on your body, so eliminating them NOW is extremely important.

We will now begin our journey through the Paleo diet and I have complete confidence that if you start this, you will receive tremendous health benefits and feel much better about yourself as well.

Don ' t forget to check out one of my favourite diets at the bottom:

Learn the strategies I used to lose stubborn unwanted fat quickly with the 3 week diet.

***Go to the bottom for more info, and receive your free report and bonus content!***

## **Chapter 1: Paleo Diet ... Or Should I Say Caveman Diet**

People have been skeptical of diets like this for some time now, and that has to do with not understanding what it's all about. The whole idea of the Paleo diet is to only eat what our body has been modified to eat. This means all natural foods that are not processed or genetically modified. Our bodies have clearly not yet adapted to eating grains, dairy and processed things. This is shown by so many people being lactose intolerant or unable to digest grains.

Since humans have been eating meat, vegetables, and fruit for so long, it is easy to say that our bodies are used to these. The opposite is true since humans have only been eating refined white flour, high fructose, and modified foods for a relatively short period of time.

Another example showing that our body is not yet adapt to some foods is with gluten. There are tones of people who are unable to digest gluten and other grains, so might this mean we are not yet adapt?

Give this diet a try, and I promise you will never go back.

Here are some other myths about the Paleo style of eating.

### **I Must Eliminate All Carbs!**

The idea of eliminating carbs is a misunderstood fact about the Paleo diet. Though most people try to reduce the amount of carbs they eat, the more important idea is to reduce a certain type of carb. People on the Paleo diet do actually consume an adequate number of carbs. Paleo eaters get their carbohydrates from vegetables, nuts and seeds instead of nutrient deficient white grains like pasta.

### **It Will Be So Hard**



Most people believe that life would be unbelievably hard without being able to eat grains. This can be true at the start, but over time you will forget them. You must understand that grains, especially wheat, are nutrient deficient and will only lead to health issues down the road.

Some health issues that can result from eating too many grains are: obesity, diabetes, leaky gut, and even addiction. Does this sound like something you can give up grains for?

### **How Can Eating As Much Fat As I Want Be Good For Me?**

This Again comes down to quality over quantity. High quality fats can be consumed in large amounts with no real health issues. This is not true for other fats like trans, or anything processed. Butter, high quality animal fats, avocado, coconut and olive oil and the fat found in eggs will provide you with great nutrients and health.

Avoid anything refined, processed and hydrogenated such as sunflower, cottonseed or canola oil. These are extremely toxic to the body as they are high in inflammation causing Omega 6 fatty acids.

### **First No Carbs...Now No Dairy?**

The idea of whether or not to eat dairy really comes down to your personal choice. If you are lactose then obviously avoid dairy but you can stick with hormone free, grass fed dairy. It is important to not eat a lot of dairy, so don't make it part of your daily meal, especially if you're goal is losing weight.

## **Chapter 2: Incredible Ingredients**

Here I will provide you with a list of ingredients that you will need to stock up on. Some may be new to you, but not for long:

Frozen broth (Chicken, Beef, or Vegetable)

Dried and fresh herbs and spices (my favourite are oregano, turmeric and cinnamon)

Coconut milk and cream

Coconut oil, olive oil, avocado oil

Fresh lemons

Fresh garlic and ginger

Avocados

Dijon mustard

Honey

Crushed tomatoes or tomato puree

Greek yogurt (great source of protein)

A bar of 100% dark chocolate (for your cheat snack)

Plenty of good quality butter

## **Chapter 3: Bunches Of Breakfast**

## *Avocado omelette with bacon*

### Ingredients

3 slices of bacon

2 Tbsp of minced red onion

1 avocado

1 Tbsp minced fresh cilantro

Hot sauce to preference

3 eggs

### Directions

Cook the bacon until crisp. Cut the avocado in half and then remove the pit. Scoop the flesh into a bowl.

Mash it up but make sure that it is not too finely mashed since a little texture in the food is needed.

Add cilantro and onion to avocado. Once the bacon is cooked, remove from pan, drain it and crumble or mash it in the mixture. Gently stir the whole mixture. Pour the eggs in a bowl, mix and make two omelettes. Put half mixture of avocado in one omelet. You may season with hot sauce.

## ***Horseradish Scramble***

### Ingredients

3 slices of raw bacon

3 eggs

1 tsp of horseradish

### Directions

Put the fry pan over medium heat. Place the bacon into the skillet. Fry until crisp and once cooked, drain and crumble. Whisk all the eggs along with the horseradish.

Reserve one tablespoon of the grease to cook the eggs. Put the eggs into the skillet and cook until almost set.

Add the bits of bacon and stir the mixture. Cook for around 3 minutes then serve.

## ***Menemen***

### Ingredients

1/2 red onion, diced

1 medium tomato, diced

1 Tbsp olive oil

1 garlic clove, crushed

1/4 tsp ground cumin

1/2 tsp black pepper

1/4 tsp turmeric

1/4 tsp red pepper flakes

2 eggs

1/4 tsp of salt

1 Tbsp minced fresh parsley

### Directions

Sauté the onion, pepper, and tomato in olive oil in a fry pan over medium-low heat, Crush the garlic and put into the skillet then stir. Continue cooking while stirring often. While vegetables are cooking, put eggs in a bowl and whisk. When the vegetables are almost cooked, pour in eggs and cook until they are set. Scoop onto a plate and garnish with parsley then serve.

## ***Bacon Baked Eggs with Spinach***

### Ingredients

2 large eggs

1 3/4 cup bag baby spinach

4 Tbsp heavy whipping cream

3 slices of applewood-smoked bacon

### Directions

Preheat oven to 400F. Cook bacon in a large fry pan over medium heat until crisp. Move to paper towels and drain the grease. Add spinach to the pan and sprinkle with pepper. Toss over medium heat for 1 minute and transfer to strainer, set over bowl to drain. Crumble bacon.

Take the spinach and then sprinkle bacon over ensuring to divide equally. Shape and create a hole at the center with a spoon. Crack 1 egg into hole ensuring to keep the yolk intact. Put 1 tablespoon cream over each egg then sprinkle with salt and pepper and bake eggs until whites are just set but yolks are still moist then serve.



## ***Chorizo and Egg Tacos***

### Ingredients

4 large eggs

4 green onions, sliced

1 cup of grated cheddar cheese (grass-fed)

4 flaxseed tortillas

Hot sauce or salsa

3/4 cup fresh chorizo sausage

4 Tbsp of chopped fresh cilantro, divided

Sour cream (optional)

### Directions

Brush a large nonstick pan using olive oil then char the tortillas directly on electric burner until they are blackened in spots while turning using tongs then arrange the tortillas in a single layer in the pan and spread each tortilla with 1/4 cup of grated cheese and put aside. Whisk 2 tablespoons cilantro and eggs in a medium bowl then season with pepper and salt. Cook the sausage in a medium non-stick pan over medium heat until cooked, break the bacon using the back of the spoon and add green onions and sauté. Add egg mixture and stir. Cook until almost set then remove egg mixture from heat.

Cook the tortillas in skillet over high heat until crisp on bottom. Divide the egg mixture among the tortillas and then sprinkle with the remaining cilantro, wrap each tortilla in half and serve.

## **Chapter 4: Superior Salads**

Salads are a great meal for people on the Paleo diet since they are so customizable. They will never get boring because of the wide variety and they are so easy to make. These are some great recipes.

## ***Honey Mustard Cobb Salad***

### Ingredients

2 hardboiled eggs, cut into quarters

2 cups of chopped lettuce leaves, mixed

1 cup cooked and diced chicken breast

1/2 cup crispy crumbled bacon bits

1/2 cup crumbled blue cheese

1 tomato, diced

1/2 onion. diced

1/2 cucumber, diced

For the dressing:

2 tsp Dijon mustard

2 tsp honey

1 garlic clove, minced

Salt and pepper

1 Tbsp finely chopped parsley

### Instructions:

In a large, shallow bowl, first lay down the mixed lettuce leaves to make a base. Then, layer the other salad ingredients in stripes on top of the lettuce. To finish, combine the dressing ingredients together, whisk and drizzle over the salad in an opposite direction to the stripes, to make a pretty lattice pattern. You can optionally add a mix of chopped nuts over this for a little bit of crunch.

## ***Avocado Salad With Fennel***

### Ingredients:

1 avocado

1 thinly sliced fennel bulb

1/2 English cucumber, cut into wedges

1 Tbsp apple cider vinegar

Toss of paprika

Salt and pepper

1 Tbsp olive oil

1 tsp sesame seeds

### Instructions

Make sure the fennel bulb is sliced as thinly as possible — use a mandolin if possible. Only very tender pieces will work in this salad, so if you can get baby fennel bulbs all the better.

Combine fennel with chopped avocado and make a dressing with the oil, vinegar, salt, pepper and paprika. The salad can be left to “marinate” a while before serving.

Sprinkle sesame seeds over the top.

## ***Strawberry Spinach Salad***

### Ingredients

- 1 bunch young or baby spinach leaves
- 2 cups strawberries — very thinly sliced
- 2 cooked chicken breasts
- 1/2 cup very crispy and crumbled bacon
- 1 Tbsp honey
- 1 Tbsp olive oil
- 1 Tbsp lemon juice

### Instructions

Combine all the ingredients. Serve immediately to avoid the salad getting soggy. Looks beautiful with fresh pansy flowers to garnish — ideal for a summer barbecue.

## ***Red Onion Salad With Papaya***

### Ingredients

1 medium sized orange flesh papaya, seeds removed

3/4 thinly sliced red onion

1/2 cup crumbled feta cheese

Black pepper and salt

1 Tbsp freshly squeezed lime juice

1 Tbsp olive oil

### Instructions

Chop the papaya into bite sized cubes, then add the very, very thinly sliced red onion. Crumble the feta over.

Make a dressing with the lime juice and olive oil and add salt and pepper to taste. This salad can be left for a few moments to let the flavors blend before serving. Also beautiful served with a few sprigs of fresh mint.

## ***Roast Beef Blueberry Salad With Basil***

### Ingredients

1 cup fresh blueberries  
1 cooked sirloin steak, thinly cut  
2 handfuls of whole basil leaves  
3 cups finely chopped lettuce  
1 finely diced apple  
Salt and pepper  
1/4 cup Greek Yogurt  
1 Tbsp olive oil  
1 Tbsp lemon juice  
1/4 tsp grated lemon zest  
1/2 cup chopped pecan nuts

### Instructions:

Cook and thinly slice the beef, then let it cool. Combine lettuce, basil and blueberries in a bowl and toss with the rest of the ingredients. Try to keep the ingredients chopped to roughly the same size for a uniform salad.

Combine the dressing ingredients (olive oil, yogurt and lemon juice) and drizzle over the salad. Fan the sliced beef over the salad and serve immediately.

## ***Pesto and Almond Chicken Salad***

### Ingredients

2 cooked and sliced chicken breasts

1/2 cup cooked bacon bits

1 chopped tomato

1/2 chopped cucumber

2 Tbsp freshly made basil pesto

Salt and pepper

3 cups of mixed lettuce leaves

1 Tbsp of roasted pine nuts

3 Tbsp of slivered almonds

1 Tbsp honey

1 Tbsp lemon juice

1 Tbsp olive oil

1 Tbsp diced onion

1 Tbsp diced parsley

### Instructions:

Make the salad by combining the chicken, bacon, lettuce leaves, tomato and cucumber. Make a dressing from the honey, olive oil, lemon juice, onion and parsley. Whisk together and combine with the salad. Lay the salad on a large serving platter, spoon fresh basil pesto over, then sprinkle with slivered almonds. Serve immediately.



## *Asian Carrot Salad*

### Ingredients:

3 grated carrots

Spicy Asian dressing

1 Tbsp soy sauce

1 Tbsp minced coriander

1 Tbsp onion, minced

1 Tbsp ginger, minced

1 Tbsp Tabasco sauce

1 Tbsp sesame seeds

1 Tbsp rice vinegar

Salt and pepper optional

### Instructions:

Whisk together the salad dressing ingredients and then drizzle over the grated carrots.  
Simple but very, very delicious.

## **Chapter 5: Monster Mains**

## ***Ginger Beef And Broccoli***

### Ingredients:

2 tsp black pepper  
2 cloves of garlic, minced  
2 cups carrots, thinly sliced  
2 tsp freshly grated ginger  
1 Tbsp Flax meal  
2 Tbsp of coconut oil (separated)  
1 green onion, thinly sliced  
1/2 cup low sodium chicken broth  
1 pound petite sirloin steak, sliced  
2 crowns broccoli, cut into florets  
1/2 tsp of red pepper flakes  
Lemon juice  
1/4 tsp of sea salt

### Directions:

Heat 1 tablespoon coconut oil and garlic in a pan over medium high heat. Add sirloin and sea salt and sauté then remove the sirloin steak from pan and set aside. Drain juice from pan.

Mix lemon juice, ginger, black pepper, flax meal, and red pepper with broth in a separate bowl. Add broccoli and carrots to pan then pour the liquid ingredients and toss to coat.

Simmer until broccoli is tender. Return your beef back to the pan. Add green onions and let it simmer until beef has been re-warmed then serve.



## ***Beef And Veggie Chilli***

### Ingredients

5 oz lean minced beef

1 medium tomatoes

1/2 Tbsp dried chilli powder

2 cloves garlic, chopped

1 Tbsp Worcestershire sauce

2 Tbsp pepper

7 oz tin red kidney beans

1 medium onion

4 Tbsp mushrooms

Cumin coriander and chilli powder

6 Tbsp celery

### Directions:

Fry the minced beef, ensuring to pour off any excess fat. Add 2 chopped cloves of garlic then fry a little and add the chopped onions. Add the rest of the chopped vegetables and cook a little longer then add half-dried chopped chilli with the fine seeds removed.

Add half teaspoon each of cumin and coriander, hot chilli powder along with a tablespoon of Worcestershire sauce.

Add chopped tomatoes and the tin of red kidney beans then season with salt if needed and black pepper. Cook for 1 hour and serve hot.

## ***Beefy Zucchini***

### Ingredients

2 cups of water

1 pound ground beef

2 large zucchini

1/2 tsp of curry

1 can of no-salt tomato sauce

### Directions:

Brown the ground beef and remove the excess fat. Cut the zucchini into chunks and boil until soft. Mix this with meat and add water, spices and the can of tomato sauce.

Let it boil and reduce the heat. Let it sit for a few minutes to take in the spices then serve.

## ***Steak in Red Wine Sauce***

### Ingredients:

1 pound sirloin, fillet or rump steak (fillet works well for this recipe)

Grass fed butter

1/2 cup red wine

2 cloves of crushed garlic

1 tsp fresh chopped parsley

Salt and freshly ground black pepper

### Instructions:

Prepare the meat by seasoning on both sides. Melt the butter in a fry pan. Steak cooked slowly and gently will be more tender, but when put directly into a hot pan and seared, you create a “Maillard reaction” that browns the meat and makes everything delicious.

Sear the steak in the butter on all sides, but don't overdo it. The steak will continue to cook a little while after you cook it, so aim for slightly less cooked than you ultimately would like. Don't poke the steak too much with a fork or knife as this wastes the juices and can make things dry.

After you're satisfied with the meat, or after around 3 or 4 minutes, quickly remove and fold the steak away in foil while you do the next step. This is to prevent the meat becoming cold or tough, and to allow it to cook further.

In the same pan, you will now have browned butter and the juices from the steak. If you don't have much, add a spoon of extra butter and melt it. Throw in the garlic and cook till fragrant, but not browning.

Add the wine and then rapidly boil off the alcohol on high heat, stirring. After a few minutes you should end up with a sticky reduction that can be poured over the sliced steak — if not, keep heating and stirring until the sauce thickens.



## ***Roast Chicken***

### Ingredients:

1 free range chicken, giblets removed

2 Tbsp butter

4 cloves of fresh garlic

Your favourite herbs

1/2 fresh lemon

Salt and pepper

Olive oil

### Instructions:

There are endless ways to prepare a roast chicken, but sometimes the simplest way is the best. Remember not to wash your chicken before roasting, but be sure to pat the skin dry as you can — this makes it crispy.

Preheat the oven to 350 degrees F.

Place the chicken in a roasting tray. With a sharp knife, make 6 to 8 small cuts in the skin around the breast meat. Into these cuts, press small knobs of butter, whole garlic cloves and dried herbs. Try to distribute them evenly — as the butter melts, it will moisten the chicken and fill the meat with flavor.

Next, place the half lemon into the cavity along with some herbs and spices.

Finally, rub the entire chicken with olive oil to baste and season liberally with salt and pepper.

Place the chicken breast side down in the pan and roast for 1 hour, or until the juices run clear when poked (slightly pink juice means the chicken is not done).

Once cooked, flip the chicken over and grill under a hot grill for around 10 minutes, to crisp the skin.

For a full meal, parboil some sweet potatoes and carrots and douse them with the same herbs and olive oil as the chicken. Nestle them around the bird and turn a few times during the roasting period.

Allow the chicken to rest for 10 minutes before carving, and then serve with the vegetables and a glass of white wine.

## ***Chicken Broth***

Useful in soups and stews.

### Ingredients:

1 chicken carcass, most of the meat removed

1 halved carrot

1 halved celery rib

3 bay leaves

Black peppercorns

1 onion

1 Tbsp apple cider vinegar

Your favourite spices

### Instructions:

Find a large enough pot to completely submerge the chicken carcass in water.

Add water, all the vegetables, vinegar (to help extract the mineral content from the bones) and spices. Bring to the boil and then simmer gently for at least 2 hours, but no more than 4.

If necessary, add more water to the pot if too much evaporates.

When it's done and the broth is golden, strain out the vegetables and spices and discard the bones. They should be very fragile and basically falling apart.

The broth can now be used either directly in a soup of any kind (it will need to be salted first), frozen into ice cube trays for a quick dash of flavor or taken directly as a light, clear

broth on winter days. Don't worry if your broth is not clear. Also don't be alarmed if your broth develops a gelatinous film on the top — this shows that you have successfully removed the nutrition and have a good quality stock.

## ***Baked Chicken***

### Ingredients:

16 oz frozen boneless chicken breasts

2 tsp chilli

2 tsp cumin

1 raw sliced green peppers

2 Tbsp olive oil

1 can diced sweet onion

1 cup raw onions

4 flaxseed tortillas

### Directions:

Cut chicken into strips. Cut onion and peppers into strips.

Combine all other ingredients and stir. Add chicken, peppers and onions and toss to coat then add the chicken mixture to a sprayed 13x9" casserole dish and bake until the chicken is cooked through and onions are done, about 20-25 minutes. Serve on flaxseed tortilla shells.

## ***Sesame Chicken***

### **Ingredients:**

4 Tbsp soy sauce, low sodium

1 Tbsp olive oil

2 chicken breasts

1 Tbsp of sesame seeds

2 Tbsp of honey

2 cups broccoli, cooked

### **Directions:**

Mix soy sauce, honey and sesame seeds in a small bowl. Steam broccoli, set aside to drain well, cube chicken into bite sized pieces and fry in olive oil. Add broccoli to pan with chicken, then pour over sauce. Stir and serve with some potatoes.

## Conclusion

By reading this far, it is clear to me that you are motivated to begin your journey to a healthy living. The Paleo diet is an awesome place to start, and I know you will receive tremendous results. This diet is an extremely easy and efficient way to lose weight and fat, and turn your body into a health machine. Not only will you lose weight, but there are tons of other health benefits with this diet. Another benefit is that it improves your body's ability to convert fat into energy, and this will boost your energy levels and make you feel great.

I have absolutely no doubt in my mind that if you take action using what I talked about in this book, you will achieve success with whatever your goal is.

Thank you for reading this book. I hope you received value from it and I'm positive it will enable you to make healthier choices to enable you achieve your desired weight loss goals.

Finally, if you enjoyed this book, then I'd like to ask you for a favour, would you be kind enough to leave a review for this book on Amazon? It'd be greatly appreciated!

[Click Here to leave a review on Amazon!](#)

I want to reach as many people as possible and more reviews will help me achieve this. Thank you and good luck!

Also, be sure to like my [Facebook](#) page and join the conversation all about health and my latest books!

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But wait, If you haven't already watched the important video on how you can lose weight with this 3 week diet plan, you may want to do so. [\*\*Click Here To Watch.\*\*](#)



# **The 14 Day Ketogenic Diet Plan**

*The Ketogenic Diet For Beginners Cookbook*

*Bonus Info On My Favourite Diet*

*Plus More Free and Bargain Books at [KindleBookSpot.com](http://KindleBookSpot.com)*

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Preview Of ‘The 14 Day Tea Cleanse Plan’

# Introduction

I want to thank you and congratulate you for downloading the book, “ *The 14 Day Ketogenic Diet Plan: The Ketogenic Diet For Beginners Cookbook* ” . This book will teach you how to enjoy this life-changing and hugely popular diet, that has helped people all over the world to lose an impressive amount of weight.

This book contains proven steps and strategies on how to :

Cook some great meals from scratch

Work out what you can and can't eat

Lose weight while eating the foods that you love

Eat a wide variety of foods that other diets tell you to avoid

Have a lot more energy than you're used to

And so much more!

You don't have to limit your intake of tasty foods, if you want to lose weight. The Ketogenic diet is *the* diet that will ensure the weight stays off, while you enjoy a wide range of meals that you wouldn't ordinarily think you could eat.

Let this book guide you through your 14 day Ketogenic diet plan, and onto sustainable

weight loss, that won't leave you feeling hungry. Watch the weight fall off, and stay off.

Thanks again for downloading this book, I hope you enjoy it!

## **Chapter 1: The Benefits of a Ketogenic Diet**

The Ketogenic diet is becoming increasingly popular, thanks to the results that participants achieve. Because it limits the amount of carbohydrates that are consumed, weight is lost and the body ends up burning more energy than is taken in.

There are many diets out there that are unsustainable, and quite frankly unhealthy. These diets often severely limit the types of food that you consume, and it's this that can lead to health issues.

When you start the Ketogenic diet, you will be limiting your carb intake, but you will be upping the amount of protein that you consume. This is great because it means that your body will start to burn fat, and you won't be left feeling hungry.

### **Easy to stick to:**

The beauty of the Ketogenic diet is that it's very easy to stick to. You will no doubt enjoy eating a lot of tasty meals, while also losing weight. It seems odd that you can eat bacon, cheese and other food stuffs in abundance, while watching the weight drop off. The fact of the matter is that this diet works, and it works well,

### **How to lose fat on the Ketogenic diet:**

When you begin your Ketogenic journey, you will be consuming foods that don't contain many carbohydrates. When you consume carbohydrates, your body burns the energy that they produce first, and then it will look to burn any fat that you're carrying.

As you won't be consuming many carbs, your body will burn fat first and foremost, which means that you will start to lose weight. Any excess belly fat that you have will be burned first, which is likely to result in you feeling a lot more confident about the way that you look.

You'll also start to feel more energetic too, and you could potentially change your life for the better.

## **Chapter 2 : Starting the Ketogenic Diet Plan**

I know from my own experience that starting any diet is not as easy as you would hope, but there are some tips below that will help make things a little bit easier.

Please don't start the Ketogenic diet assuming that it will be a breeze, it may be a little tougher than you think, but don't worry, you will get there.

### **Making mistakes**

It's not always easy to start a new diet, and the ketogenic diet can be a hard one to get used to. This is because you are asked to stay away from carbohydrates and any kind of sugars. You may occasionally make a mistake and eat more sugars than you realize, but try not to get too downhearted about it. The more you partake in this diet plan, the more used you will become to eating foods that contain very little, or no carbohydrates at all.

### **Find out where you can source your ingredients**

A lot of the ingredients that you'll need to source in order to cook the recipes in this book are available from most stores. This is the beauty of this diet, it doesn't ask you to eat anything that's hard to get a hold of.

I know that some recipes do ask you to use a milk alternative (Such as soy or almond milk, and occasionally coconut milk), but they are usually available in a wide range of stores. If your local grocery store does not sell milk alternatives, then you may want to visit a health food store, as they are likely to sell them. If you're still stuck, then turn to the internet as there are a lot of websites that sell milk alternatives for a reasonable price.

### **Start the plan with a friend**

If you wish, you may want to start the plan with a friend. This is because it's easier than doing it alone. Starting the plan with a friend will be so much easier, as it will allow you to get recipe ideas, and work on your motivation too.

That being said, you do not have to start the plan with a friend if you wish, you may want to go it alone. If you choose to do this, you should do your best to stay motivated, especially when you find that things are tough going.

## **Key foods/Ingredients**

### Meat and cheese

Throughout the Ketogenic diet plan, you will be asked to eat a lot of meat and cheese. This is because meat is a good source of protein, but you need to stay away from processed meats as these can contain hidden carbohydrates.

The great news is that meat can be enjoyed every single day, so please feel free to add even more of it to your diet, and enjoy it!

### Fish

Fish is also an excellent source of protein, as well as some very healthy oils. I must stress that you need to stay away from battered and breaded fish, as these will contain a lot of carbs. Try not to eat fish more than three times a week as it is known to contain a lot of mercury.

### Dairy Products

I know it's hard to stay away from dairy products all together, but there are some good and very tasty alternatives. I know these have been processed to a degree, but they ensure that you get the calcium you need, along with other very beneficial nutrients.

### Fruits and vegetables

Many people assume that you cannot eat fruits and vegetables as part of the Ketogenic diet. This is a complete misunderstanding, as you will need to consume these foods in order to gain energy. Fruits and vegetables contain sugars, and as you're not going to be



eating carbs, you'll need to get your energy from somewhere. Make sure you only eat fruits and vegetables that are low in sugar, so that you don't end up putting weight on.

### Dressings

Let's face it, we all love to add dressings to our meals from time to time. While this is perfectly acceptable as part of the Ketogenic diet, you should make sure that you don't overdo it with the carbs. The good news is that oil based dressings and mayonnaise is allowed on this diet, so eat away!

## **Chapter 3 : The Ketogenic Diet Plan (14 Day Guide)**

Below you will find a 14 day guide, which should help you to decide what you would like to eat. Please note that it's perfectly ok for you to come up with your own eating plan. The plan that you see below is merely a guide, and you may find that eating other foods is more preferable to your tastes.

### **Day One**

Breakfast: Cream Cheese Pancakes

Snack: Macadamia Nuts

Lunch: Chicken and Bacon Salad

Snack: Cheese Chips

Dinner: Baked Salmon

### **Day Two**

Breakfast: Strawberry and Cinnamon Cereal

Snack: Salmon and Cream Cheese

Lunch: Low Carb Meatloaf

Snack: Leftover Meat

Dinner: Chorizo and Cauliflower Soup

### **Day Three**

Breakfast: Bacon Bread

Snack: Cheese Chips

Lunch: Chicken Broth

Snack: Pork Rinds and Pesto

Dinner: Cheese and Onion Quiche

### **Day Four**

Breakfast: Lemon and Blueberry Muffins

Snack: Pork Rinds and Pesto

Lunch: Sausage Pizza

Snack: Macadamia nuts

Dinner: Swedish Meatballs

### **Day Five**

Breakfast: Spinach Omelet

Snack: Leftover Meat

Lunch: Whatever you wish

Snack: Macadamia Nuts

Dinner: Chicken Guadalajara

### **Day Six**

Breakfast: Bacon, Eggs and Broccoli

Snack: Macadamia nuts

Lunch: Chocolate Protein Shake

Snack: Cheese Chips

Dinner: Leftover Swedish Meatballs

## **Day Seven**

Breakfast: Ham, Turkey and Cheese Pancakes

Snack: Cheese Chips

Lunch: Last night's leftovers

Snack: Pork Rinds and Pesto

Dinner: Cheese and Onion Quiche

## **Day Eight**

Breakfast: Cream Cheese Pancakes

Snack: Macadamia Nuts

Lunch: Chicken and Bacon Salad

Snack: Leftover Meat

Dinner: Baked Salmon

## **Day Nine**

Breakfast: Strawberry and Cinnamon Cereal

Snack: Cheese Chips

Lunch: Sausage Pizza

Snack: Salmon and Cream Cheese

Dinner: Chocolate Protein Shake

## **Day Ten**

Breakfast: Bacon Bread

Snack: Leftover Meat

Lunch: Chicken Broth

Snack: Macadamia Nuts

Dinner: Swedish Meatballs

### **Day Eleven**

Breakfast: Lemon and Blueberry Muffins

Snack: Cheese Chips

Lunch: Low Carb Meatloaf

Snack: Pork Rinds and Pesto

Dinner: Chorizo and Cauliflower Soup

### **Day Twelve**

Breakfast: Spinach Omelet

Snack: Salmon and Cream Cheese

Lunch: Whatever you wish

Snack: Macadamia nuts

Dinner: Chicken Guadalajara

### **Day Thirteen**

Breakfast: Bacon, Eggs and Broccoli

Snack: Pork Rinds and Pesto

Lunch: Chocolate protein shake

Snack: Cheese Chips

Dinner: Leftover Swedish Meatballs

## **Day Fourteen**

Breakfast: Ham, Turkey and Cheese Pancakes

Snack: Salmon and Cream Cheese

Lunch: Last night's leftovers

Snack: Leftover Meat

Dinner: Cheese and Onion Quiche

As you can see, the Ketogenic diet is a varied one that contains a lot of delicious foods. If you would like to eat some of the meals that I have suggested, then please refer to the next few chapters as you will find the recipes there.

Don't be afraid to amend the recipes if you wish, but most of all, enjoy them.

## **Chapter 4: Ketogenic Breakfast Recipes**

Enjoy a delicious and nutritious breakfast every single morning. If you are a little short on time in the mornings, making your breakfast the night before could help a great deal.

### **Cream Cheese Pancakes**

Makes: 2

Ingredients:

2 eggs

1 teaspoon of Stevia

2-3 tablespoons of cream

Half a teaspoon of cinnamon

1 tablespoon of coconut flour

A small slice of butter

Maple syrup

#### Method:

Place all of the ingredients apart from the butter and maple syrup into a bowl, and stir until combined and smooth. Heat a pan or a skillet, and add the butter and melt on a medium to high heat. Cook on each side until they are golden brown.

Remove from the heat and serve with the maple syrup.

## **Strawberry and cinnamon cereal**

Makes: 2 bowls

Ingredients:

530 grams of flaked coconut

2 strawberries

200ml of almond or soy milk

1 teaspoon of ground cinnamon

Method:

Preheat the oven to 350 Fahrenheit, and line a cookie sheet. Add the coconut flakes, and cook for about 2 and a half minutes, then stir the flakes around a little, and cook for another 2 and a half minutes, or until the coconut is starting to turn a little brown.

Remove the coconut from the oven, and sprinkle with the cinnamon. If you would like to add sugar or a sugar substitute to the coconut, now is the best time to do it.

Spoon the coconut flakes into 2 bowls, add the strawberries, and the milk, and serve.

## **Bacon Bread**

Makes: 3

Ingredients:

1 package of bacon

3 eggs

100 grams of cheese, grated



## Method:

Preheat your oven to 200 Fahrenheit, and slice your bacon down the middle, and then cut each slice in half. Now line a cookie pan, and place two slices of bacon next to each other, and then add two slices on top, with these slices facing the opposite direction. If you're feeling a little technical, you may want to think about weaving the bacon so it sticks together.

Cook the bacon for about 20-25 minutes, or until it's cooked to your satisfaction. Once it's cooked, remove the bacon from the oven, and place on a paper towel so some of the fat drains out. Allow to cool.

Fry the eggs until they are cooked as per your taste, and then set them to one side.

Take one of the layers of bacon, and set it down on a plate, then add one of the fried eggs, and top with some of the cheese. Add another layer of bacon on top to form a sandwich. Repeat this process until you have 3 sandwiches. Serve.

## **Lemon and Blueberry Muffins**

Makes: 8

### **Ingredients:**

114 grams of blueberries

A quarter of a teaspoon of lemon zest

A quarter of a teaspoon of lemon flavoring

120 grams of heavy cream

1 egg

100 grams of almond flour

A pinch of salt

A quarter of a teaspoon of baking soda

2 and a half sachets of sweetener

28 grams of melted butter

### **Method:**

Preheat the oven to 350 Fahrenheit, and line a muffin pan. Add the flour and cream to a bowl and stir, then add the egg and stir again, until everything is nicely combined.

Now add the sweetener, butter, lemon zest and flavoring and the baking soda, and stir. Stir in the blueberries, and then spoon the mixture into the muffin pan, and half fill each section.

Bake in the oven for about 20 minutes, or until the muffins are golden brown. Cool, and serve.

## Spinach Omelet

Makes: 1 large, or two small omelets

### Ingredients:

1 egg yolk

4 egg whites

A handful of chopped spinach

Half a tomato, chopped

2 tablespoons of soy or almond milk

A pinch of cilantro

A tablespoon of chopped onion

Spray oil

### Method:

Spray a pan with the oil, and then sauté the vegetables. Add the egg yolk, eggs whites and milk to a bowl and then beat.

When the vegetables are done, remove them from the pan, and place to one side. Spray the pan once more, and then add the egg mix.

Cook the eggs until they are cooked as per your tastes, and then spoon the vegetables onto one side of the egg. Fold the other side of the egg over the vegetables, and lift the omelet out of the pan really gently. Serve.

## **Bacon, Eggs and Broccoli**

Serves: 2

Ingredients:

4 eggs

8 bacon slices

A tablespoon of butter

80 grams of broccoli, chopped

1 carrot, thinly sliced

Half an onion, chopped

100 grams of grated cheese

50 grams of celery

Method:

Melt the butter in a pan or skillet, and then fry the bacon and vegetables, for about 20 minutes, or until the vegetables begin to caramelize.

Spread the mixture evenly on the base of the pan or skillet, and then cut into quarters. Make a hole in the middle of each quarter, and add the egg. Cook the egg until it's done as per your tastes, and top with cheese. Let the cheese melt, and then serve.

## **Ham, Turkey and Cheese Pancakes**

Makes: 4-5

Ingredients:

4 eggs

2 teaspoons of Stevia

4-6 tablespoons of cream

A teaspoon of cinnamon

2 tablespoons of coconut flour

4 slices of turkey

200 grams of swiss cheese, grated

4 slices of ham

A slice of butter

Maple syrup

Method:

Place the eggs, Stevia, cream, cinnamon, and coconut flour into a bowl, and stir until combined and smooth. Heat a pan or a skillet, and add the butter and melt on a medium to high heat. Cook on each side until they are golden brown.

Remove from the pancakes from the heat.

Take 1 slice of turkey and place it on a plate, now add a slice of ham on top of the turkey, and place on a pancake, repeat 3 more times. Add about 50 grams of the cheese on top of each of the pancakes, and then place on a medium to low heat, and then cover until the cheese has melted nicely. Serve.

## **Chapter 5 : Lunch Time Recipes**

These lunch time recipes can be boxed up and taken to work, or enjoyed at home. Eat any leftovers in the next few days so you enjoy them at their freshest.

### **Chicken and bacon salad**

Serves: 4

Ingredients:

1 uncooked and chopped chicken breast

4 tablespoons of butter

5 slices of bacon

1 tomato, chopped

Half a teaspoon of salt

2 teaspoons of steak seasoning

2 teaspoons of lemon juice

1 egg yolk

56 grams of grated cheese

56 grams of mayonnaise

Method:

Take the steak seasoning, and sprinkle it onto the chicken, and then sauté the chicken on a medium to high heat, along with the butter. Sauté until the chicken is cooked through.

Now cut the bacon into strips, and sauté until it's crispy, and then drain off the grease. Add the remaining ingredients, sauté for a few minutes, and remove. Now add the chicken and bacon to a plate, pour on the rest of the ingredients, and serve.



## Sausage Pizza

Makes: 1

Ingredients:

3 eggs

200 grams of grated cheese

2 teaspoons of Italian seasoning

1 tablespoon of olive oil

1 cauliflower head, chopped

2 tablespoons of butter

42 grams of chopped onion

60 ml of water

200 grams of grated mozzarella

60 grams of grated Parmesan

1 teaspoon of fennel seed

500 grams of sausage

A jar of low-carb pizza sauce

Method:

To make the crust:

Preheat the oven to 450 Fahrenheit, and line or grease a cookie sheet. Melt the butter in a skillet or pan, and then add the cauliflower and onion. Sauté on a low heat until the cauliflower is cooked.

Add the water to the pan, and then cover and steam the cauliflower until it's soft. Now transfer the cauliflower to a bowl to cool. Place the sausage in the pan or skillet, and cook, before chopping it into small pieces. Now remove the sausage, and drain the fat off, and



put to one side.

When the cauliflower has cooled, add about half of it to a food processor, and blend until smooth. Now place it in a bowl, and add the mozzarella, eggs, Parmesan and spices, stir well.

Now spread the mixture onto a cookie sheet, and spread it out evenly. Bake for approximately 20 minutes, or until the cauliflower has brown edges.

For the topping:

Cut the sausage into smaller pieces. Add the pizza sauce to a saucepan, and then add the sausage. Bring to a simmer, while keeping it covered.

Switch the oven to broil, and pour the sausage mixture and the sauce over the crust, and spread until it's thinly but evenly coated. Now add the cheese mixture, and then place the pizza back into the oven until the cheese starts to brown. Slice and serve.

## **Chicken Broth**

Makes: 4-6 bowls

Ingredients:

650 grams of chicken

Half an small onion, chopped

1 teaspoon of salt

Half a carrot, chopped

Half a celery stalk, chopped

1 peeled garlic clove

Half a teaspoon of parsley

Half a teaspoon of thyme

3 Peppercorns

Half a bay leaf

Method:

Preheat the oven to 400 Fahrenheit, and place the chicken in a pan or Dutch oven. Add the salt and the onion, carrot and celery, and roast the chicken for about 45 minutes. When the chicken is done, remove from the oven and then place it on a stove burner. Now add some water to the chicken, and the, garlic, spices and herbs. Simmer on a low heat, and then skim off any foam. Take off the heat, and allow to cool.

Once cooled, strain the broth, and serve.

## **Low Carb Meatloaf**

Makes: 1 large meatloaf

### **Ingredients:**

800 grams of ground beef

5 cloves of minced garlic

2 tablespoons of butter

Half a tablespoon of cilantro

Half a tablespoon of thyme

6 grams of parsley

2 eggs

400 grams of sausage

225 grams of onion, chopped

120 grams of green pepper, chopped

100 grams of almond flour

50 grams of grated Parmesan

A teaspoon of salt

Half a teaspoon of black pepper

Half a teaspoon of gelatin

2 teaspoons of barbecue sauce

2 teaspoons of mustard

60 ml of heavy cream

### **Method:**

Preheat the oven to 350 Fahrenheit, and grease a baking dish. Add the Parmesan and flour to a bowl and whisk thoroughly. Heat the butter in a pan or skillet and then add the onion,

garlic and pepper, and then sauté. Once soft, allow to cool and then add to a food processor. Blend until fine.

Whisk the eggs, and then add the barbecue sauce, herbs, pepper, salt, mustard and cream. Now sprinkle the gelatin and on top of the ingredients, and leave for about 5 minutes. Then add the onion, and stir well.

Take the beef and sausage, and mix, then add to a large bowl, and put the almond and egg mixtures in, and mix. If the mixture becomes sticky, add some Parmesan. Now place the ingredients into a baking dish and be sure to leave a gap of about 1 inch on each side. Flatten the loaf down, and cook for an hour, or until the meatloaf is 160 Fahrenheit. Cool and serve.

## **Chocolate Protein Shake**

Makes: 1

Ingredients:

28 grams, or 16 ounces of almond or soy milk

114 grams or 4 ounces of heavy cream

A tablespoon of raspberry syrup

30 grams of whey powder

Method:

Place the ingredients into a blender or smoothie maker, and blend until smooth. Pour into a glass, and serve.

## **Chapter 6 : Dinner Recipes**

The following dinner recipes should leave you feeling quite satisfied at the end of the day.

### **Baked Salmon**

Serves: 2

#### **Ingredients:**

2 salmon fillets

6 tablespoons of olive oil

1 tablespoon of lemon juice

1 tablespoon of parsley

2 cloves of garlic, minced

1 teaspoon of cilantro

1 teaspoon of salt

1 teaspoon of black pepper

#### **Method:**

Add the pepper, salt, garlic, cilantro, olive oil, lemon juice and parsley to a bowl, and stir. Now cook the salmon in a baking dish, and cover with the garlic and cilantro mix.

Marinate the salmon in the refrigerator for about one hour, while turning every 20 minutes. Preheat the oven to 375 Fahrenheit, and wrap the salmon in some aluminum foil. Pour over the marinade, and then cook for about 45 minutes, or until the salmon flakes when you touch it with a fork. Serve.

## **Chorizo and Cauliflower Soup**

Serves: 3

Ingredients:

Half a cauliflower, chopped

Half an onion, chopped

Half a medium sized Chorizo sausage, chopped

Half a spring onion, chopped

Half a turnip, chopped

A dash of salt

240mls of chicken stock

1 tablespoon of butter

Grease a soup bowl, with a tablespoon of butter, and add the onion and cook on a medium to high heat until it has browned. Add the cauliflower, and cook for another 5 minutes, while stirring.

Add the chicken stock to the cauliflower, and place a lid on the bowl. Now add half the turnip and half of the chorizo. Cook until it's crispy (About 10 minutes). Now place half of the chorizo into a blender, and blend until smooth. Season with salt, and then add the rest of the turnip and chorizo. Serve.

## **Swedish Meatballs**

Makes: 30

Ingredients:

500 grams of lean beef

1 tablespoon of butter

1 cooked egg

Half a teaspoon of black pepper

1 and a half teaspoons of allspice

1 and a half teaspoons of nutmeg

1 and a half teaspoons of salt

200 grams of ricotta

114 grams of Swiss cheese, grated

#### Method:

Add the butter to a pan and heat, then sauté the onions until they are clear. Allow to cook for about 10 minutes. Now take the Swiss cheese and place in a blender, and blend until they resemble bread crumbs.

Add the egg and ricotta to a mixing bowl, and whisk. Now add the pepper, salt and spices, and mix again. Add the Swiss cheese and onion, mix once more. Place the beef in the bowl and combine, until all of the ingredients have become stuck together and sticky. Divide the mixture into 30 meatballs, and roll into a ball.

Add the meatballs to a cookie sheet, and cook at 350 Fahrenheit for about 20 minutes, or until brown. Serve.



## Chicken Guadalajara

Serves: 4

### Ingredients:

4 de-boned chicken breasts, cut into 2 cm slices

3 minced garlic cloves

2 tablespoons of butter

6 tomatoes, chopped

4 green chilies

114 grams of cream cheese

60ml of chicken broth

60 grams of whipping cream

1 teaspoon of cumin

Half a teaspoon of cayenne pepper

1 teaspoon of salt

Half a teaspoon of garlic powder

Salsa to garnish

Sour cream to garnish

A handful of cheddar, grated, to garnish

### Method:

Melt the butter in a skillet and then sauté the garlic and onions until they are soft. Place the chicken in the skillet, and cook on a medium heat until the juices are nice and clear. Turn the temperature down to medium low, and then add the chilies and tomatoes. Add all the herbs and spices, and cover and simmer for about 10 minutes.

Now add the cream and cream cheese, and keep stirring until the cheese has melted. Top

with the garnishes, and serve.

## **Cheese and Onion Quiche**

Makes: 1 large quiche

Ingredients:

12 eggs

500 grams of cheddar, grated

2 tablespoons of butter

480 ml of heavy cream

1 onion, chopped

1 teaspoon of salt

2 teaspoon of thyme

1 teaspoon of pepper

Method:

Preheat the oven to 350 Fahrenheit, and then add the butter to a skillet and melt on a medium low heat. Add the onion and sauté, until they are clear, and then allow to cool.

Prepare two quiche pans and add the grated cheese, then add the onion, and spread over the pan evenly.

Now pour the eggs into a mixing bowl, and add the spices and cream. Whisk until the mixture becomes frothy. Pour half of the mixture over the cheese and then spread evenly.

Put the pans in the oven and cook for about 25 minutes, or until the quiches have set. Allow to cool, and serve.

## **Chapter 7: Ketogenic Diet Plan Snacks**

Enjoy the following snacks as part of the Ketogenic diet plan, and lose weight while eating great tasting food.

### **Macadamia Nuts**

Serves: 1

Ingredients:

A handful of macadamia nuts

A small slice of butter

Method:

Melt the butter in a pan, and add the nuts, stir constantly. Remove from the heat once the nuts have browned. Allow to cool, and serve.

## **Salmon and Cream Cheese**

Serves: 1

Ingredients:

150-200 grams of salmon

100 grams of cream cheese

Method:

Cut the salmon into thin strips, and add to a bowl. Spoon in the cream cheese and stir. Serve.

## **Leftover Meat**

Serves: 1

Ingredients:

Leftover meat

A pinch of the herbs of your choice

Method:

Cut the leftover meat into thin strips, and add to a bowl or tub. Sprinkle on the herbs of your choice, and serve.

## **Cheese Chips**

Serves: 1

200 grams of shredded cheese

Method:

Cut some non-waxed baking paper, into the same size as the turntable in your microwave. Now place the paper on the turntable and add small piles of cheese.

Turn the microwave onto full power for about a minute and a half, or until the cheese has turned crispy. Allow to cool, and serve.

## **Pork Rinds and Pesto**

Serves: 1

10-15 cooked pork rinds

60 – 80ml of basil pesto

Method:

Spoon half the basil pesto into the bottom of a bowl, and spread evenly. Add the pork rinds on top, and then spoon the rest of the pesto over the pork rinds. Stir, and serve.



## Chapter 8: Hints and Tips

Here are a few hints and tips that will help to make your participation on the Ketogenic diet plan a little bit easier.

### Water

It's important that you stay hydrated, no matter what diet plan you happen to be doing. Water is incredibly good for you, not only does it help to detox your body, but it can also leave you feeling full. Enjoy 8 glasses of water per day, and don't be afraid to add some low-carb flavoring to it if you're not keen on the taste.

### Exercise

Many people exercise when they take part in a diet plan, but you do not have to. You will lose a lot of weight if you only eat the foods that the Ketogenic plan allows. This means that you do not have to exercise in order to lose weight, as it will start to fall off quickly.

### Your weight loss

It's inevitable that you will lose a bit if not a lot of weight when undertaking this diet. This is because you will be consuming a lot less sugar. While you may lose quite a bit of weight at first, your weight loss will eventually slow down. This is because your body will work out what its desired weight is, and it will get you there slowly and steadily.

Remember, if you lose a lot of weight quickly, you will put it back on just as quickly.

### If you want to do the plan again

I recommend that you don't partake in the Ketogenic diet for more than two weeks at a time. This is because you will need to consume fruits and vegetables and other nutrients that this diet may lack.

If you really would like to do the plan again, then please do the plan for two weeks, have

two weeks off, and then start the plan again for another two weeks.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you understand how delicious the Ketogenic diet can be, while also helping you to lose weight too.

The next step is to get all the ingredients that you need, so you can enjoy some lovely home made meals.

# Wordpress Bootcamp

Learning The Basics Of Wordpress

I want to thank you and congratulate you for downloading the book, “*Learn the Basics of WordPress in Two Weeks*”.

This book contains proven steps and strategies on how to start using WordPress to build your blog or website.

WordPress is the most popular website platform today, mainly because it is easy to use. Even without prior knowledge in web design and development, you can teach yourself in using WordPress.

In fact, this book aims to teach you to start using WordPress in just two weeks or less.

**In this book you will learn:**

What Wordpress is

How to use Wordpress

Common Wordpress features

And much more!

Thanks again for downloading this book, I hope you enjoy it!

[Click Here to get step by step instructions for setting up your Wordpress site with Bluehost.](#)

## **Chapter 1 – Why Learn WordPress?**

Many people think that WordPress is just another blogging platform. This misconception is due to the fact that in the past, WordPress is really for blogging. But through the years, WordPress has evolved as a dynamic content management system (CMS). Although you can still use this CMS to create a basic blog, it now allows you to build a fully functional website.

The best thing about WordPress is that it is quite flexible and easy to use. This is the primary reason why WordPress is the most popular CMS today. About 23% of websites that are active today on the internet are powered by WordPress.

Because of its versatile features, popular brands are using WordPress to power their websites such as eBay, The New York Times, Disney, Facebook, Time Magazine, CNN, LinkedIn, Sony, and Google.

Let's take a glimpse at why you should learn and use WordPress

### **WordPress Gives You Freedom**

Basically, WordPress is a free software. You have the freedom to download, install, modify, and use it any way you can. You can build any type of website. It is also an open source platform, which means that the source code is readily accessible for anyone to study, modify, and experiment with.

Millions of people around the world are using WordPress, and every day, new people are creating websites powered by this outstanding CMS. The main reason why people can easily adapt to WordPress is because it is very easy to use and learn.

### **You can Easily Manage WordPress**

WordPress features a built-in updater, which makes it easy to update your plugins and templates through the admin dashboard within the WordPress. It will also notify you if there's an updated version of WordPress, which you can easily update through several mouse clicks. All content are safe if you set up regular backup.

### **You can Extend WordPress through Themes and Plugins**

It is interesting to take note that most people who are using WordPress are neither programmers nor web designers. In fact, thousands of individuals have started using WordPress without any fundamental knowledge of website design.

The main reason why WordPress is such a dynamic platform is you can choose from literally thousands of free themes (web templates) to improve the look of your website. Hence, you can give your website its design and feel according to its purpose. You can find any WordPress theme for just about anything. You can learn more about this in Chapter 2.

WordPress also offers superb flexibility and could be extended through plugins. Similar to themes, you can use thousands of plugins to enhance your website. These plugins can enhance the functionality of the WordPress and could add a whole new platform to your website. You can learn more about plugins in Chapter 2.

### **WordPress is SEO Friendly**

WordPress has been developed using high quality and standard compliance code that produces semantic markup that makes your site search engine friendly. WordPress design and themes are very search engine friendly, and it is possible to make it even more attractive for SEO by using SEO plugins.

## **WordPress Could Integrate Various Types of Media**

WordPress offers a dynamic platform, which allows you to use different media types. It features a built-in support that allows you to handle video, audio, and photo content. It also supports embedding features that allows you to embed videos from external sites such as YouTube and Vimeo.

## **WordPress Offers Reliable Security Features**

Web security is one of the fundamental elements of WordPress, so you can securely run any website through this platform. But with the vastness of the World Wide Web, it cannot be certain. Internet intruders are out there who want to get inside as many websites as they could. The good thing is, WordPress is open for security plugins to avert any form of security threats.

## **The Different Ways to Use WordPress**

You can use WordPress in numerous ways. Many business websites are running on WordPress and serves as a crucial aspect of their sales generation. You can use WordPress as the following:

- Blog (Personal or Business)

- Online Arcade

- CMS

- Portfolio

- Gallery

- Online Store

- Membership portal

- Video curation site

- Rating site

- And many more!



I hope this Chapter answered your question about why you must use WordPress. The best way to learn WordPress is start using it. In the succeeding Chapters, you can learn basic elements of WordPress every day.

## **Chapter 2 – First Week: Setup, Dashboard, Admin Bar, Settings, Links and Images**

WordPress is easy to learn as long as you can spare one to two hours every day for two weeks. You only need very basic internet skills and of course the capacity to follow instructions accurately. You don't even need to learn HTML or other programming languages to create your website. Even though programming and coding skills will come in handy in the future, these are not necessary to start using WordPress.

Millions of individuals around the world started using WordPress from scratch. In fact, most WordPress users don't even know how to design websites or write a code.

The mere fact that you have reached this Chapter is a good sign that you are willing to learn WordPress. So, let's start.

## Week 1 Day 1 - Learn Initial Setup

The first step is to learn how to install and setup WordPress. You need to choose between WordPress.org and WordPress.com.

If you want to build a personal blog and you don't have any intention to make money from your websites, then it is ideal to choose WordPress.com. But if you want to be a professional blogger, then it is better to use the self-hosted WordPress.org. The latter option will cost you money, but it is actually cost-effective for creating your own site.

For example, let's assume that you have chosen WordPress.com, and you purchased a custom domain (\$17 annually), opted for a custom-design (\$30 annually), and paid to remove ads (\$29.97 annually). The total cost of \$76.97 per year will not provide you full control.

If you have chosen WordPress.org, you can choose to buy hosting from Bluehost (endorsed by WordPress) that will cost \$47.4 annually, and it already includes a free domain name. If you choose other web hosting companies, you may need to pay the same price, but you can't obtain a domain. You can obtain a domain name for only \$10 from NameCheap or GoDaddy. The total cost of \$57.4 annually will provide you full control.

[Click Here to get step by step instructions for setting up your Wordpress site with Bluehost.](#)

You might be a bit concerned if the one is easier to use than the other, don't worry, their interfaces are similar. It is ideal to use WordPress.org so you can have full control of your website. But still, you need to choose the WordPress platform that is suitable for your preferences and needs.

After choosing the platform, the next step is to select your domain and hosting. Take note that your domain is your web address that a user need to enter into the search bar to visit

your page. Then, you need to select web-hosting service, so other internet users can access your site.

After signing up with a web-hosting provider, you can install WordPress using SimpleScripts, especially if you have chosen BlueHost.



## **Week 1 Day 2 - Dashboard Basics**

After installing WordPress, you can start building your custom website or blog. However, before posting any content. It is best to familiarize yourself with the dashboard basics. The dashboard is located on the left side of the screen, which you can easily see after you log in to your wp-admin account. Most users refer to this as the back-end of your website.

Using the Dashboard's Home Page, you can easily access the content of your website and take a look into other areas of the WordPress platform. The Dashboard presents information in separate blocks called Widgets. The default WordPress widgets are the following: Welcome at a Glance, Quick Draft, Activity, and WordPress News.

The Welcome widget shows the links form the top tasks you can perform in creating a new website.

The At a Glance widget offers a short glimpse of the number of pages, posts, and comments on your website. Every content types are shown in link form, and once you click them you can be directed to the particular area so you can easily manage the content.

The QuickDraft widget allows you to write a new text content easily. You can quickly write a title, add media, enter the content, insert tags, save your draft, or Publish right away.

The Activity widget shows the most recent comments, published posts, and scheduled posts.

The WordPress News widget features the latest news, articles, and announcements from the official blog of WordPress.

You can expand, collapse, and rearrange widgets by hovering the mouse cursor on the title

bar. If the mouse transforms into a 4-arrow icon, you can hold the left-mouse button and drag the widget to the area you want to move it. This is known as a drag and drop functionality.

You can also add new widgets through plugins or through a special program code.



## **Week 1 Day 3 - Admin Bar**

The Admin Bar is located at the topmost part of the screen. The WordPress logo is located on the far left of the Dashboard. Hover over the logo, and you will see the links to specific information about WordPress. These links can help you if you need to visit the support forums or provide feedback.

The name of your site is located to the right of the logo. You can hover on this and you will see a submenu to access the front end of your website. The next area provides a quick glimpse for comments.

On the left side, you can find the link for + New. Once you hover over this link, a submenu will appear that will redirect you to the Add New screen for user, page, media, and post. You can also do these things using the navigation on the left area of the Dashboard, but if you want to do things quickly, these links could help you a lot.

You can also see the section displaying the text “Howdy, your name” on the far right area. You can hover over this area to access the submenu, which you can use to log out from your site or edit your profile.

### **Front End View of the Admin Bar**

If you are currently logged into your WordPress website, the Admin Bar is visible on your website’s front-end site. Try hovering over the name of the site, and click visit site, and it will redirect you to your website’s front end.

Once you hover the title of the site section, you can see the links for the dashboard that will take you back to the dashboard home, as well as the links to take you to the header, background, menu, widgets, and themes. Take note that these sections can also be found on the navigation pane on the left area in the dashboard.

### **How to Turn Off the Admin Bar View**

The Admin Toolbar is generally useful, but there are times that you may want to turn it off to see the full view of your website's front end. Take note that the Admin Bar will only appear if you are logged in to your website as admin.

If you want to turn it off, just click the **Edit my Profile** function. A screen will appear where you can find a checkbox next to the text: **Show Toolbar when viewing site**. All you need to do is to uncheck the box, and scroll down to the bottom and click **Update profile** to save the changes.

## **Week 1 Day 4 and 5 – Explore WordPress Settings**

On the Dashboard, find the **Settings** menu and hover on top. A sub menu will appear where you can access several options for WordPress settings: General, Reading, Writing, Media, Discussion, and Permalinks.

### **General Settings**

To explore around, you can go first to the General Settings. The first elements that you will see in this option is the Site Title and the Tagline. Make certain that these texts match to your website, because your site title will be used for SEO. As a default, WordPress displays “just another WordPress site” as the tagline. You need to change this tagline to describe your website, as it is important for the SEO of your website.

Next is the **WordPress Address (URL)**. For the website address URL, you can enter the URL address if you want your website homepage separate from the directory where you have WP installed. At this point, it is best not to touch these URLs.

Then, you will also see the **Email Address**, which you will use for admin purposes, including new user notification. There is also the **Membership** settings. WordPress allows online users to sign up to your website. This is a useful feature, if membership is crucial for your website.

Meanwhile, the **New User Default Role** is set to subscriber. Don't touch this setting for



now, because you might accidentally grant admin privileges to anyone who sign up for your website.

Then, there is the **Timezone**. Browse through the list to choose the city within the same timezone in choosing your preferred date format. Take note that this format will appear on your posts. After you have updated these settings, don't forget to **Save changes**.

## Reading Settings

The **Reading Settings** show the settings, which will affect the content display. Here you can tweak the display of your website's front page – either a static page or your latest blog post. After building several pages, you can list these pages in this setting so they will appear on the front end.

The next setting section will allow you to control the content display in RSS feeds, which includes the max posts to display and if you want only to show a summary or full text. **Search engine visibility** is the last section. If you want search engines to not index your website, you should check box to **Discourage search engines from indexing this site**. This is a great setting if you are still on the development phase indexing is still not recommended.

Remember to **Save Changes**.

## Writing Settings

The Writing Settings affect the writing and publishing for your website. The section on the top allows you to control the editor inside the Dashboard, while the other sections allow you to control external publishing methods.

The first section shows the options for default categories formatting and posts format. You will also see the **Press This** bookmarklet section, which allows you to easily blog about the things you find interesting on the Internet. If you want to use this, you first need to drag the link on the screen to your browser's bookmark bar. If you are on another site, just

click on the bookmarklet to access a popup window to share the content through your blog.

Meanwhile, the **Post via email settings** will let you send an email to your website with post content. In order to use this setting, you should set up a secret e-mail account using a POP3 access. The last section can be used to update services. Once you publish a new post, WordPress will instantly notify you of the updates. Be sure to **Save Changes**.

## Media Settings

The Media Settings page allows you to set max sizes for images you want to add into the post. These settings will allow you to save time if you want images to be of the same size, if you want to set default settings for image sizes.

The option for **Uploading files** allows you to choose if you want your uploads to be organized into month or year. Make certain to **Save Changes**.

## Discussion Settings

The **Discussion Settings** allow you to manage the comments and links to your posts and pages.

The first section is the **default article settings**. The first setting allows you to manage links you make to other blogs. The second setting allows you to manage the trackbacks and ping backs or links back to your site. Finally, the third setting allows your site visitors to post comments on new articles. You can uncheck this box if you don't want your visitors to comment on the posts.

The **Other comment settings** allows you to choose the guidelines for how visitors post comments and how you manage their comments.

For the **email me whenever** section, you can select to be notified via email if someone

posts a comment or if a comment has been handled by a moderator.

The section for **Before a comment appears** will allow you to manage the published comments. Through this, you can select if an administrator should approve the comments first or if the comments could be published automatically.

In the section for **Comment Moderation**, you can change how a comment is managed depending on the number of links. Inside the box, you can include IPs, emails, names, words, and URLs to filter comments for moderation. This feature alongside the comment blacklist are can help you in defending your blog against comments that are inappropriate and spammy.

There is also the **Avatar** setting. You can enable the avatars of users who posted comments on your website, select a default avatar for users who don't have their own avatar yet, or filter their comments based on their ratings.

Again, be sure to **Save changes**.

## Permalink Settings

Permalinks refer to the permanent URLs to each age and blog post including tag and category archives. In general, a permalink is the web address that can be used to link to your content. It got its name by combining permanent and link. Hence, permalink.

The Permalink settings in WordPress allows you to manage the default structure of your permalinks. You can either select from common settings or build your customized URL. As a default, WordPress utilizes URLs that have question marks and with numbers. You may want to change the permalinks here to improve its forward compatibility, usability, and aesthetics.



## Week 1 Day 6 –Create a WordPress Post

To create your first post, find the **Posts** menu in the left side of the Dashboard. You can click to expand it to access the submenu or just hover over the link Posts.

In the + **New** link in the Admin Bar, you can also find the **Add New Posts page**. Just click the link for the **Add New** to access the Add New Post page so you can start creating your first WordPress post.

You can enter the title of your post in the first box.

Below that is the **post editor or Post formatting section**, where you will type or paste the post content. There are two tabs on the right side of the tabs showing two modes of post editing: **Text** and **Visual**.

The **Text tab** will let you access a plain-text HTML version of the post editor. You can use this mode to edit the HTML code of your post. If you are not comfortable with HTML, the visual mode is recommended.

The **Visual tab** is ideal for developers who are comfortable with the WYSIWYG (What You See Is What You Get) concept. It comes with a format toolbar with different options to format your posts. Many of these icons will look familiar if you have been using Microsoft Word.

The **Publish** box is located at the top of the right column of the screen. You can save your post as a draft if you want to save it. The **Preview** button will allow you to take a glimpse of how the post will actually look once you publish it. The Status will let you know if the post is currently a draft, has been saved, already published or if it is a pending review if you have schedule the post.

The succeeding links allows you to see the post's visibility or what will the site visitors see. The Publish line shows if the post will be immediately published or at a future date. The next section are for **tags** and **categories** assigned to your post. Save this lesson later.

If you want to change the screen options for your editor, you can click the screen options tab found in the upper right. This will expand the link and you will see the options, which will be displayed on the screen's post editor.

In the post editor, you can just drag or drop the arrangement of these boxes, to change how you want them to appear on the page.

If you need help in adding new posts, you can just click the Help tab found in the upper right. From here, you can easily refer on inserting media, using the editor, helpful tips for adding a post title, and pointers on customizing your post display.



## Week 1 Day 7 – Adding Links and Images

Links are important for the SEO of your content, while images are ideal to improve the appeal and readability of your posts. WordPress makes it easy to add these two elements into your website.

### Adding Links

In the page editor or WordPress post, choose and highlight the text, which you want to be added with link. Then, click the hyperlink button located in the toolbar. This will reveal a box that you can use to enter the specific URL of the hyperlink as well as the title which will be shown if you hover over the link. Clicking this checkbox will also allow you to access the link in the new tab.

If you prefer linking to an existing content on your site, you can just click to expand this section. With this, you can see a search bar to search your website, as well as a list of present pages or posts.

Choosing one of the items on the list will also change the hyperlink. If your hyperlink is ready, just click the **Add Link** button. Your chosen text will now have a link. If you want to remove the link, choose the text again and choose the unlink button. You will see that the link has been removed and the text is in normal display again.

### Adding Images

Choose the best place in the post to insert your image. On the upper section of the Post editor toolbar, you will see the button **Add Media**. Click this button to reveal the **Insert Media** box.

WordPress stores a media library to keep all your media files such as videos and images. In this box, you can select to either upload a new file or use a present file from the media library. If you want to upload an image, click the button **Select files** and find the image you want to use.

After your image has been uploaded, you will notice that it has been added to the media library. On the right area of the box, you will see the attachment details for the page. In this section, you can see the **Description**, **Alt text**, **Caption** and **Title**. You can also select the image **alignment** such as **right**, **left**, or **center**.

Ensure that the image has a checkbox. Click the **insert into post button**. Now you can see that your image has been inserted into your post.

Once you click the image, you will see two boxes in the upper section of the image. The first is the image icon. When you click this icon, you will see that another box will appear where you can edit all the image details. In this prompt, you can modify the image size based on the percentages or you can change the link URL, caption, alt text, and title. You can also choose the image link or to link the actual file of the image.

In choosing the advanced settings tab, you will see the link of where the image is currently hosted, properties and style that adds padding on the image, the CSS Class, and the actual height and width of the image in pixels.

Next, return to the image. The next icon in the upper corner will let you delete the image from the post. In clicking the **Add Media button**, you will notice the same insert media box. On the left side, you will see the options to set up a gallery and choose the featured image. If you have enough images in the media library, you can add a whole image gallery into your post.

Featured images are used by some themes. If your chosen theme has the featured image, go ahead and select the image and go back to the post editor. Click the preview button and check if the image has been inserted.

## Chapter 3 – Second Week

### Week 2 Day 1 – Categories & Tags

You can organize your posts into various categories such as topics or subject areas. For instance, if you are writing a post, consider a wider subject of the post. If you are planning to write more posts about the subject in the future, it is ideal to organize these posts together.

#### Adding New Categories

If you are yet to include categories, click the link showing + **Add new category**. Insert a new category by clicking the **Add new category**. You will notice that a new category has been included to the list of categories. To include a category to a post, click the checkbox next to the category.

Another method to manage post categories is by navigating through the link **Posts > Categories** that is located in the Dashboard menu. If you click the Categories link, you can access the Categories page. From this, you can view all the categories located on the right, where you can also include new entries.

#### Category Description

The description area allows you to add more information about the posts linked to that category. Some WordPress themes display this information.

#### Category Hierarchies

Unlike tags, categories could be nested into hierarchies. For instance, you may have a News category, and under that you may include sub-categories for World News and Sports News.

#### Category Slugs



The Category Slugs is the link-friendly version of the category. This is often in lowercase form and involves only numbers, hyphens, and letters.

### **What's the Difference between Categories and Tags**

Just think of your website as a book. Categories are similar to the Table of Contents, while the tags serve like the index section.

## Week 2 Day 2 – Create a WordPress Page

The first step in creating a new page is to locate the **Pages menu** in the Dashboard. Just click the **Add new** option.

You will notice that the page editor has the same interface with the post editor. The only difference lies on few boxes that you can find on the right section of the screen. Add the page title such as Contact Us. Remember, if you have created pretty permalinks, the page title will also be used as the URL slug.

After adding content for the page, you can Publish the section of the page editor, which is similar when you are writing posts. If you are ready to publish, you could either publish immediately, schedule for future posting or schedule it.

The section for **Page Attributes** includes a parent page and template to your new page. In the Parent section, you could organize the pages according to the hierarchies. For instance, you can create this new page with added pages below it. Take note that there are no restrictions on the number of levels that you want to nest pages.

The **Template** section allows you to include a template for your new page. This is possible if your theme allows custom page templates.

The **Order** interface lets you organize the page in numerical order. Pages are often organized alphabetically, but you can select your own arrangement by providing a number in this box.

Preview the page first, then hit Publish if all is well.



## Week 2 Day 3 – Applying a WordPress Template

There are WordPress themes that feature templates, which change the format of the page on the front end of the website. Through page templates, the theme can provide you some flexibility for how the page will look and where specific elements will be placed.

The first step in adding a page template is to browse the **Pages** menu in the Dashboard and find the edit or add a new page link. Locate the Page Attributes area, where you can see a drop-down list for templates that you can use. Depending on the WordPress theme, you can see certain options for page template located in the drop-down menu.

To see how a template will change the look of the page, choose a template and preview it to check if it is appropriate for the page.

You can hit Publish once you have finally selected the template you want to use.

## Week 2 Day 4 – Installing a Plugin


Plugins allow you to add more functionalities for your WordPress website. Installing plugins is easy.

The first step is to find and expand the **Plugins** menu after logging into your site Dashboard. Look for the **Installed Plugins** page where you can see a list of the plugins that are already installed on your site. Some plugins are automatically installed when you install WordPress such as JetPack and Akismet.

To add a new plugin, just click the **Add New** option. From this page, you can choose to browse for plugins that you want to install from the WP Plugin Directory. You can also filter your search according to the plug-ins published date, popularity or those that you have marked as your favorites.

To start uploading a plugin, follow this command thread: **Choose file > locate your plugin zip file > Install Now > Activate.**

The last menu section under the Plugins in the Dashboard is the **Editor**, which you can use to change some elements of the plugins by modifying separate PHP files. But remember, if you make some modifications, the plugin updates will override your changes. Don't change the plugin PHP if you don't know PHP code.



## Week 2 Day 5 – Managing WordPress Themes

The first step in managing WordPress themes is to browse the **Appearance** menu in the Dashboard. Choose the page for **Manage Themes**.

At the upper part, you can see the **Active theme** as well as the **Customize** option. When you click this link, you can see a preview window, which allows you to make some changes in the Tagline and the Site Title.

If you go back to the **Manage themes** tab, you can view a list of available themes under the active theme. These themes are already installed on your WP site.

If you choose the **Live Preview** link beneath any theme, you can see a preview of how your website will look with that theme. In the preview, you can browse different pages to see how the theme could handle templates, archives, and posts. On the left side of the preview window, you can edit the settings of the theme. These settings will vary according to the type of features included in the theme.

Be sure to hit the **Save & Activate** button found on the upper left-side to accept the new theme.

## Week 2 Day 6 – Create a Custom Menu

You can create a custom menu that will serve as a navigation menu for your website. The Menu feature allows you to build your own custom menu as a replacement for the default menus of your chosen theme.

Some custom menus contain links, categories, pages, and other types of content. You can also include a custom navigation label for a menu item as well as include other attributes.

In general, there's no cap on how many menus you want to set up. Hence, if your theme includes more than one menu location, you can select which custom menu to link with

every location. You can also utilize custom menus alongside the Custom Menus widget.

## How to Create a Custom Menu in WP Website

The first step is to expand the **Appearance** menu on the left side of the Dashboard. Hit on the link for Menus in the Appearance, which will activate the Menus editor page. Provide the name that you want for the menu, and click Create menu. Then, you can add menu items inside the boxes on the left such as links, categories, and pages.

If you want to change which menu options you see from this page, you just need to expand the **Screen Options** tab. Then, add other menu options such as CSS classes, formats, tags, and posts.

Once you have organized your menu items, make sure to **Save Menu**



## Week 2 Day 7 – Managing Comments

Managing comments in a site built on WordPress is similar to the manner of handling pages and posts.

In the Dashboard, look for the **Comments** page. You can customize this screen in similar way as you customize other WordPress screens. A yellow color indicator signifies that the comment needs to be moderated. You can respond on comments through the **Bulk Actions** or by hovering on the action links.

In the **Author column**, aside from the name of the author, blog URL, email address, the IP address of the commenter will also be displayed. If you click this link, it will reveal all the comments from specific address.

In the Comment column, every comment involves certain information on the *Submitted on* followed by the time and date the comment was posted on the website. Clicking the time and date link will redirect you to that comment on your web site. When you over on a comment, you will see what you want to do with that comment: approve, reply, edit, trash, or mark as spam.

There are three elements in the column: **In Response To**. The text refers to the name of the post, which the comment is linked to as well as the links to the post editor for that particular entry.

## **Conclusion**

Thank you again for downloading this book!

I hope this book was able to help you to learn the basics of WordPress and by now, your website or blog is already up and running.

The next step is to learn advanced WordPress techniques such as SEO, security, and using Java and Ajax to enhance your website or blog.



# Python Academy

# ***The Stress Free Way To Learning Python Inside & Out***

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A Preview Of 'JavaScript Academy'



# Introduction

I want to thank you and congratulate you for downloading the book, “*Learn the Basics of Python Programming in 2 Weeks*”.

This book contains proven steps and strategies on how to write and run programs in Python. There are sample codes and programs that you can use as guidelines.

This book also contains an introduction to the programming language, including a brief history and the fundamentals of Python. It also contains detailed explanations about the features found in Python.

Thanks again for downloading this book, I hope you enjoy it!



## **Chapter 1: Introduction to Python**

If you are looking for a general purpose, high level programming language with code readability as its main focal point, you should consider Python. It has a syntax that allows you to express concepts using fewer lines of code than other programming languages, such as C, C++, and Java. It supports a wide range of programming paradigms, thereby encompassing imperative, functional and object-oriented programming. Also, it features a comprehensive standard library, a dynamic type system and an automatic memory management.

There are plenty of interpreters you can use for installation on different operating systems; hence, it is possible for you to execute Python on various systems. You can even make use of third-party applications. If you do not want to install an interpreter, you can package the code into standalone executable programs so that you can effectively distribute Python-based software to different environments.

### ***A Brief History of the Python Programming Language***

Python was developed by Guido van Rossum in the late 1980's. It was initially just a Christmas project. Van Rossum wanted an interpreter for a scripting language that C and UNIX hackers will use. His little project eventually upgraded to Python 2.0, which was released on October 2000. This new version had a complete garbage collector and Unicode support. Python 3.0, also called Python 3000 and py3k, was released in December 2008 and had features that were backported to versions 2.6 and 2.7.

### ***Why should you Use Python?***

Programming languages exist for a reason. Python, for instance, was developed to allow

programmers to create efficient and productive codes. Its main objective is to help beginners learn a programming language easily and quickly. Due to this less learning time, you can create more useful applications that will be difficult to do with more obscure and complicated programming languages.

With Python, you can also benefit from less development time when coding applications. As mentioned earlier, Python has fewer lines of code than C, C++, and Java. Its codes are actually five to ten times shorter; thus, making it more efficient and less complicated. You get to spend less time in developing applications and more time tweaking and improving them.

When it comes to checking for bugs and errors, it is crucial for the programming language that you use to be easy to read and comprehend. If the programming language is too complicated, you may have a hard time coding and checking your program. With Python, codes are much easier to read and write; hence, you can easily interpret the codes and make the necessary changes.

Furthermore, Python has many other uses. It is ideal for scripting applications that are browser-based, creating great user interfaces and rough application examples, interacting with databases, working with XML and designing mathematic, engineering and scientific applications.

### ***Python vs. C#, Java, and Perl***

You may find comparing programming languages with one another to be a subjective task. Usually, their differences are a matter of personal preference. Nonetheless, there are times when such comparisons are backed up by scientific data. Anyway, you have to keep in mind that an all-encompassing programming language does not exist. As a programmer, you just have to find one that works best for your goals or needs.

## **C#**



If you have a background in Java, you may notice that C# and Java are highly similar. Then again, C# still has its own advantages and disadvantages compared to Java. Microsoft claims that their primary objective in developing C# is to produce a better version of C and C++. Compared to C#, however, Python has better scientific and engineering applications and better multiplatform support. It is more extendable when it comes to using C, C++ and Java. It is easier to learn and comprehend, and it allows the use of various computer environments. It also has more concise codes.

## **Java**

Programmers consider Java as a one-stop shop programming language. For many years, they have searched for something that can be run and written anywhere and they found Java, which can perform well in different platforms and computer environments. With this being said, Python is also a one-stop shop programming language. It is very similar to Java, except that it has more concise codes and it is easier to learn and comprehend. It is much faster to develop and it has improved data boxes or variables that can store different data types that are useful when running applications.

## **PERL**

PERL stands for Practical Extraction and Report Language. It is a programming language that is suitable for acquiring and processing data from another database. In comparison, Python is better than PERL because it is easier to read, implement, learn and understand. It has better Java integration and data protection. It also has less platform-specific biases.

## ***Why Python is Ideal for Beginners?***

If you have just started programming, you may want to consider Python. It is ideal for beginners because it has a consistent and simple syntax and vast standard library that allows you to do multiple projects. The assignments involved are not limited to the usual

four-function calculator and check balancing programs.

As you get used to writing programs in Python, you will realize that it is actually easy to make realistic applications. The interactive interpreter will also allow you to test language features. In Python, you can concentrate on essential programming skills, such as programming decomposition and data type design, and fundamental concepts, including procedures and loops.

Since Python involves the use of multiple libraries and system calls, you can develop applications with interfaces that are easy to program. You can also complete tasks necessary for the application programming interface (API).

Do not worry if you have never used any other programming language before. Even people with no prior programming knowledge or experience can easily grasp the fundamentals of the Python programming language.

As for the installation, Python is easy to install. Most UNIX and Linux distributions actually include it in their package. If you purchase a Windows computer from Hewlett-Packard (HP), you can readily use Python as it comes pre-installed with the system.

To make things easier for you, you should study how to use the text editors as well as the integrated development environments (IDEs). It will also be helpful to read programming books with sample codes and programs.

Regarding copyright, the developers of Python allow programmers to do whatever they want with the source, as long as they do not forget to include the copyrights. The copyright rules are not that strict. You can even sell copies in binary and source form, as well as products involving Python use. However, if you wish to use the logo, see to it that you obtain permission.

Python is highly stable. In fact, it is stable enough for regular use. You can expect a new

version within six to eighteen months. The developers issue bug fix releases to ensure that the newer versions are better than the previous ones.

If you want to perform a static analysis or search for bugs, you can use Pylint or PyChecker. The previous is a tool that checks the module to see if it abides by the coding standard as well as allow the customization of plug-ins. The latter is a static analysis tool that finds bugs in the source code.

So now that you have learned about the fundamentals of the programming language, you may still wonder how Python got its name. Was Guido van Rossum fond of pythons? Well, he was actually fond of the television show called Monty Python's Flying Circus, not the reptile.

During the time of Python's development, he was reading scripts from the comedy series and thought that 'Python' will be a suitable name since it was short, unique and has the right amount of mystery. In fact, references to the comedy show are allowed and actually encouraged in documentations.



## Chapter 2: Syntax

Python has a simple and straightforward syntax. It even encourages programmers to write programs without using prepared or boilerplate codes. The print directive is actually the simplest of all directives. It prints out lines and includes newlines. You may notice that the print directive is different in the new major versions of the programming language.

Python 2.0 is the more common version while Python 3.0 supports the latest features and is more semantically correct. Anyway, the print statement is not considered as a function in version 2.0; hence, you can invoke it without including parentheses in your code. On the other hand, the print statement is considered as a function in version 3.0; hence, you have to use parentheses if you wish to invoke it.

### *Interactive Mode Programming*

You can execute your programs in different modes. If you invoke the interpreter without passing the script file as a parameter, this is what you will get:

```
$ python
```

```
Python 2.4.3 ( #1, Nov 11 2010, 13:34:43 )
```

```
[GCC 4.1.2 20080704 ( Red Hat 4.1.2 – 48 )] on linux2
```

```
Type "help", "copyright", "credits" or "license" for more information.
```

```
>>>
```

When you see this prompt, you can type in your desired text then press Enter. In this example, we will be using the words ‘Monty Python and the Holy Grail’.

```
>>> print “Monty Python and the Holy Grail” ;
```

Take note that if you are using a newer version of the programming language, you need to use opening and closing parentheses with your print statement, such as in the following:

```
>> print ( “Monty Python and the Holy Grail” ) ;
```

Regardless of which version you are using, if you run the sample code shown above, you will get the following output:

```
Monty Python and the Holy Grail
```

### ***Script Mode Programming***

If you invoke the interpreter with a script parameter, the script will start to execute and continue to run until it is done. When it is done, the interpreter will not be active anymore. Consider the following example. The sample program is written in a script and has a .py extension:

```
print “Monty Python’s Flying Circus”;
```

If you type in the above given source code in a test.py file and run it as

```
$ python test. Py
```

you will obtain the following output:

```
Monty Python's Flying Circus
```

Another way to execute scripts is to modify the `.py` file, such as:

```
#!/usr/bin/python  
print "Monty Python's Flying Circus";
```

If you run it as

```
$ chmod +x test.py  
$ ./test.py
```

you get the following output:

```
Monty Python's Flying Circus
```

## Identifiers

An identifier is basically used to determine functions, variables, modules, classes, and any other objects. It begins with an underscore ( `_` ) or a letter. It is then followed by digits, underscores, zero or other letters. As a programmer, feel free to use any letter or digit. You can use uppercase and lowercase letters.

However, you cannot use punctuations and special characters, such as `@`, `$`, and `%`, within the identifiers. In addition, Python is a case sensitive programming language. This means that you have to be careful when you use uppercase and lowercase letters in your codes. For instance, `wendy`, `Wendy`, and `WENDY` are all the same name and yet they are regarded as three different identifiers in Python.

### *Rules for Identifiers in Python*

There are several rules that you have to abide by when writing programs in Python:

The class name must always start with an uppercase character while the rest of the identifiers must start with a lowercase character.

The identifier is private if it starts with just one leading underscore.

The identifier is strongly private if it starts with two leading underscores.

The identifier is a language-defined special name if it ends with two trailing underscores.

### *Reserved Words*

Take note that there are certain words you cannot use as constants, identifier names, or variables in Python. All keywords are also written using lowercase letters. The following



is a table of the reserved words in the programming language:

And	Assert	Break	Class	Continue
def	del	elif	else	except
exec	finally	for	from	global
if	import	in	is	lambda
Not	or	pass	print	raise
return	try	while	with	yield

### ***Indentation and Lines***

There are no braces for the indication of blocks of code for class definition and function in Python. Likewise, flow control is not included. If you want to denote such blocks of code, you have to make use of line indentation. You can adjust it for spaces, but make sure to indent all statements with a block, too. To help you understand this further, consider the following sample codes:

```
if True:
```

```
    print "Correct"
```

```
else:
```

```
    print "Incorrect"
```

```
if True
    print "Input"
    print "Correct"
else:
    print "Input"
    print "False"
```

Running the first given example generates an output. Running the second one, however, results in an error. Why did this happen? Well, you have to keep in mind that in Python, blocks are formed by indenting continuous lines with the same amount of space.

Indentation is simply a way to group statements. Programmers use it in place of curly braces of blocks of code. Tabs and spaces are supported, but standard indentation requires standard codes to have similar amounts of spaces. In general, four spaces are used. Take a look at the following example:

```
w = 1
if w == 1 :
    # This shows an indentation with exactly four spaces
    print " w is 1 . "
```

## ***Indentation Myths***

There are certain myths that surround indentation in Python. Here are some of them:

*A whitespace is necessary in every source code.*

Actually, you do not have to use whitespaces in all your source codes. A whitespace is not necessarily significant, although an indentation is. As you have learned, this is the whitespace found at the very left part of a statement. Everywhere else, a whitespace is not that significant and may be omitted. You can use it in any way you like, even inserting arbitrary whitespaces or empty lines that do not contain anything anywhere in your program.

Moreover, the exact amount of indentation does not really matter, but the relative indentation of your nested blocks does. The indentation level is actually not recognized when you use implicit or explicit continuation lines. For instance, you may split a list across multiple lines. The indentation is just not significant at all. Take a look at the following example:

```
foo = [  
    ' a string ' ,  
    ' another string ' ,  
    ' a short string '  
]  
print foo
```

If you run the above given code, you will get the following output:

```
[ ' a string ' , ' another string ' , ' a short string ' ]
```

Here is another example:

```
bar = ' look at this example ' \
      ' of a long string ' \
      ' that is split ' \
      ' across multiple lines '
print bar
```

If you run the above given code, you will obtain the following output:

```
look at this example of a long string that is split across multiple lines
```

*A certain style of indentation should be used in your programs.*

Well, this one is both true and untrue. You can write the inner block on a line and not indent it. You can use any of the following versions of the “*if statement*” since all of them are valid and produce the same output:

```
if 1 + 1 == 2 :
    print " foo"
    print " bar "
w = 99
```

```
if 1 + 1 == 2 :
```

```
    print "foo" ; print " bar " ; w = 99
```

```
if 1 + 1 == 2 : print " foo " ; print " bar " ; w = 99
```

As a programmer, you may wish to write your block of code in separate lines, such as the one shown in the first example. However, there are times when there are similar *if statements* that you can conveniently write on each line.

In case you decide to write your block of code on separate lines, then you have to follow the rules of indentation. You have to indent the enclosed block more than the *"if statement"*.

In conclusion, you will be forced to abide by this rule in Python, unless you opted to make the structure of your program more complicated. The programming language does not allow program structure obfuscation with the use of fake indentations.

Keep in mind that blocks are denoted by indentation in the Python programming language; thus, the indentation is the same in every program. The consistency of the code formatting makes the program easier to read and understand.

*It is not possible to mix spaces and tabs in Python.*

Yes, this one is true, even for programs written in the C language. You cannot mix spaces and tabs safely. Even though there would not really be a huge difference for your compiler, you may have a hard time dealing with codes. For instance, if you move a C source to one editor that has different tab stops, bugs will be easier to introduce.

Once again, keep in mind that it is not ideal to mix spaces and tabs for indentation. You can use spaces or tabs alone, though. In addition, you may want to avoid tabs altogether. After all, the semantics of tabs are not that well-defined and may appear differently on various types of editors and systems.

Tabs are also often wrongly converted or destroyed during copy and paste operations, as well as whenever a source code gets inserted into a Web page or any other type of markup code.

*It is possible to skip the indentation and use a keyword instead.*

Yes, you can skip using an indentation and just use a keyword. There are actually a few programmers who prefer to use *endif* instead of an indentation to indicate the end of a block of code.

Well, it is not exactly a recognized keyword in Python. The earlier versions of the programming language come with a tool that converts code using the keyword *end* to correct the indentation and remove such keyword.

This may be used as a pre-processor to the compiler. In the recent versions of the programming language, however, the tool has been removed, most probably because it is not often used.

*How is the indentation parsed by the compiler?*

The parsing is actually simple and well defined. In general, the changes to the level of indentation are inserted as tokens into the stream. The indentation levels are stored using a stack from the lexical analyzer or tokenizer. At first, the stack only has a value of 0, which is found at the leftmost part.

Each time a nested block starts, a new level of indentation gets pushed on the stack. The *indent token* is then inserted into the stream, which is eventually passed on to the parser. It is not possible to have more than a single indent token in succession.

In the event that a line is seen with a smaller level of indentation, the values start popping from the stack until one of them gets on top. This is equivalent to the new level of indentation. In case there is nothing found, a syntax error is generated. For every value popped, there is a *dedent token*. It is possible to have multiple dedent tokens in succession. At the end of every source code, there are dedent tokens generated for the level of indentation that is left at the stack. This continues to occur until there is 0 left.

## ***Multiline Statements***

When you end a statement, you can either use a new line or a continuation symbol ( \ ) if you want to indicate that the line needs to continue. To help you understand this concept further, consider the following example:

```
total = first_item + \
    second_item + \
    third_item
```

There is no need for you to use the continuation symbol when you write statements that are contained within brackets, such as { }, ( ), and [ ]. For instance, if you wish to display the months in a year, you may simply write:

```
year = [ 'January' , 'February' , 'March' , 'April' , 'May' , 'June' , 'July' , 'August' ,
```

```
'September', 'October', 'November', 'December' ]
```

You are allowed to write multiple statements on a single line or create multiple groups as suites. When it comes to writing multiple statements, keep in mind that the inclusion of the semicolon ( ; ) is crucial. The semicolon allows you to write as many statements as possible, as long as they do not start a new block of code. Consider the following example:

```
import sys ; y = 'bar' ; sys.stdout.write ( y + '\n ' )
```

So what are suites exactly? Well, they are groups of statements that consist of blocks of code. Compound or complex statements, such as *if*, *while*, *def*, and *class* require a suite and a header line.

So what are header lines? They begin statements with a keyword and end them with a colon ( : ) . Also, they are followed by one or more lines that make up a suite. Consider the following example:

```
if expression :
```

```
    suite
```

```
elif expression :
```

```
    suite
```

```
else :
```

```
    suite
```

## ***Quotation***

As a programmer, you are allowed to use a single quote ( ' ) , double quote ( “ ), and a



triple quote ( `'''` or `"""` ) when you denote string literals. Then again, see to it that you use the same type of quotes at the start and end of your string. Typically, triple quotes are used to span strings across multiple lines. Take a look at the following example:

```
paragraph = """ You are reading an example of a paragraph that consists multiple lines
and sentences. You are an excellent programmer. """
```

## ***Comments***

When it comes to comments, you should use the hash symbol ( `#` ) to start them. However, this hash symbol should not be within a string literal. Also, the characters after it towards the end of the line should be included in the comment. In Python, comments are not recognized by the interpreter. To help you understand this concept further, take a look at the following example:

```
# This is the first comment

print " Monty Python's Flying Circus is a British sketch comedy series. " ;

# This is the second comment
```

If you run the example given above, you will obtain the following output:

```
Monty Python's Flying Circus is a British sketch comedy series.
```

You can also write another comment after an expression or a statement, such as in the following:

```
name = "Wendy" # This is a sample comment
```

If you want to comment on multiple lines, you may do so as well. For example:

```
# This is a sample comment.
```

```
# This one is also a comment.
```

```
# This is another comment.
```

```
# This comment is written by Wendy.
```

## ***Blank Lines***

These lines are not recognized in the Python programming language. With this being said, they are pretty much like comments. They contain whitespaces and even comments. You have to use empty lines to terminate multiline statements in an interactive interpreter session.



## **Chapter 3: Data Types**

In Python, input data are sorted according to different categories. The primary purpose of sorting is to help programmers like you in processing information more efficiently. Such categories function as data storage locations that you can access whenever you run the Python platform.

### ***Variables***

Variables contain values that have been specifically allocated to them. If you are working on complex codes for applications, you may want to store your information in these variables. Do not worry because you can access them anytime you need them. You can even use them to ensure that the information you gather from your end users stay safe and secured.

### ***Numeric Types***

Numbers in the Python programming language are different from the numbers you use to solve problems in Algebra. In Mathematics, adding *.0* at the end of a number practically means nothing. It does not make any difference to its value. For instance, 3 and 3.0 are the same.

In Python, however, 3 and 3.0 are different numbers. Before the program processes it, it has to undergo certain data processing methods. As a programmer, you have to learn about the different numeric types.

## Integers

All whole numbers are integers. Numbers that contain a decimal point are not whole numbers; therefore, 3 is a whole number while 3.0 is not. Integers in Python are characterized by the data type *int*.

Take note that integers have capacity limitations. You will generate an error if you try to process a value beyond the allowed limits. Integers typically process numbers between -9,223,372,036,854 and 9,223,372,036,854.

There are interesting features that come with the *int* variable. For instance, base 2 only uses 0 and 1, base 8 uses numbers from 0 to 7, base 10 has similar properties with the decimal system and base 16 uses the letters A to F and the numbers 0 to 9 as digits.

## Floating Point Values

Any number that contains a decimal point is considered as a floating point value in Python. It does not matter if the number after the decimal point is 0 or not. 3.0, 1.5, and 11.4, for example, are all floating point values. They are stored in the float data type. One huge advantage of floating point values over integers is that they have bigger storage spaces; hence, they are capable of storing very small or large values.

Then again, you should not think that they have an unlimited storage space. There is still a limitation. Nevertheless, they can contain as little as  $\pm 2.2250738585072014 \times 10^{-308}$  and as much as  $1.7976931348623157 \times 10^{308}$ . There are a couple of ways to allocate values with the use of floating point values. First, you can directly assign them. Second, you can use a scientific notation. Keep in mind that negative exponents produce fraction equivalents.

## Complex Numbers

These numbers consist of real numbers and imaginary numbers combined. Usually, they are used in dynamic systems, quantum mechanics, computer graphics, electrical engineering and fluid dynamics. Complex numbers can be processed in Python and a few other programming languages.

## ***Boolean Values***

These are the two constant objects *True* and *False*. They represent truth values. When used in a numeric context, they function as 0 and 1. You can use the function *bool* to assign a value to a Boolean if such value may be interpreted as a truth value.

## ***Strings***

They are groups of characters that are connected with double quotation marks. Consider the following example:

```
TheString = " Python got its name from a popular comedy show. "
```

As you can see in the sample code shown above, the phrase *Python got its name from a popular comedy show.* is assigned to the variable *TheString*.

Computers cannot understand letters, only numbers. So when you write a program, Python reads and interprets it based on the numbers that represent its letters. For example, in the American Standard Code for Information Interchange (ASCII), the number 65 represents the letter A. So if you type in

```
ord ( " A " )
```

you will get an output of

Because computers cannot understand letters, you have to convert strings into numbers. You can use *int* or *float* to do this. In case you need to convert numbers into strings, you can use *str*.





## Chapter 4: Operators

The values of your operands are manipulated by operators. There are seven types of operators used in the Python programming language. The following tables display these operators and provide brief explanations regarding their function.

## Arithmetic Operators

<i>Operator</i>	<i>Description</i>
Addition ( + )	It adds the values.
Subtraction ( - )	It subtracts the second operand from the previous operand.
Multiplication ( * )	It multiplies the values.
Division ( / )	It divides the first operand by the second operand.
Modulus ( % )	It divides the first operand by the second operand and returns the remainder
Exponent ( ** )	It performs exponential calculation on the operators.
Floor Division ( // )	It divides the operands but eliminates the decimal points after the result.

## Comparison Operators or Relational Operators

<i>Operator</i>	<i>Description</i>
==	If the values of both operands are equal, the condition is true.
!=	If the values of both operands are not equal, the condition is true.
<>	If the values of both operands are not equal, the condition is true.
>	If the value of the left operand is bigger than the value of the right operand, the condition is true.
<	If the value of the left operand is less than the value of the right operand, the condition is true.
>=	If the value of the left operand is bigger or equal to the value of the right operand, the condition is true.
<=	If the value of the left operand is less than or equal to the value of the right operand, the condition is true.

## Assignment Operators

<i>Operator</i>	<i>Description</i>
=	It assigns values from the right operand to the left operand.
+= add AND	It adds the right operand to the left operand, and then allocates the result to the left operand.
-= subtract AND	It subtracts the right operand from the left operand, and then allocates the result to the left operand.
*= multiply AND	It multiplies the left operand and the right operand, and then allocates the result to the left operand.
/= divide AND	It divides the left operand with the right operand, and then allocates the result to the left operand.
%= modulus AND	It uses the two operands to find the modulus, and then allocates the result to the left operand.
**= exponent AND	It performs exponential computation on the operators and then assigns the value to the left operand.
//= floor division	It performs floor division on the operators and assigns the value to the left operand.

## Bitwise Operators

<i>Operator</i>	<i>Description</i>
& binary AND	It copies the bit if it is present in both operands.
binary OR	It copies the bit if it is present in either operand.
^ binary XOR	It copies the bit if it is present in one operand, but not both.
~ binary ones complement	It flips bits.
<< binary left shift	It moves the value of the left operand towards the left based on the number of bits assigned by the right operand.
>> binary right shift	It moves the value of the left operand towards the right based on the number of bits assigned by the right operand.

## Logical Operators

<i>Operator</i>	<i>Description</i>
And logical AND	The condition is true if both operands are true.
Or logical OR	The condition is true if an operand is non-zero.
Not logical NOT	It reverses the logical state of the operand.

## Membership Operators

<i>Operator</i>	<i>Description</i>
Is	If the variables on either side of the operator point toward the same object, it evaluates to true. Otherwise, it evaluates to false.
Not in	If it does not find a variable in a particular sequence, it evaluates to true. Otherwise, it evaluates to false.



## Identity Operators

<i>Operator</i>	<i>Description</i>
Is	If the variables on either side of the operator point towards the same object, it evaluates to true. Otherwise, it evaluates to false.
Is not	If the variables on either side of the operator point towards the same object, it evaluates to false. Otherwise, it evaluates to true.

## **Conclusion**

Thank you again for downloading this book!

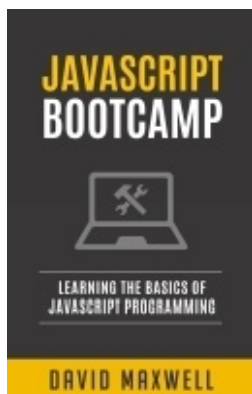
I hope this book was able to help you learn about the Python programming language.

The next step is to apply what you have learned from this book.





I'd like to **thank you** for taking time to read my book. As a token of my gratitude I'd like to offer you one of my #1 Best Seller Books for FREE!



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