



SCD Lifestyle **MEAL PLANS**

Dairy, Egg, Nut, Legume Free
6 - Week Phased
6 - Week Non-Phased



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Welcome

This meal plan has been a long journey in the making. Both of us have been through a lot of obstacles to get our health to where it is today. Then we refined those ideas and used them with countless private clients 1-on-1.

Today, in these meal plans, we're passing on all the things we discovered so you can take control of your symptoms and live a happy, healthy lifestyle.

Here's How The Meal Plan Works...

The meal plans are separated into two, 6-week parts. Part 1 is the "Phased" plan that picks up right after the intro diet and slowly introduces new food according to ease of digestion. This part is specifically designed for beginners or people that are looking to start over. You may have to use this part of the plan for longer than six weeks if it takes you longer to tolerate more foods.

Part 2 is the "Full" plan that includes all the foods allowed with that plan. You're ready for Part 2 if you've had success with the foods in Part 1 and you can now enjoy a "Full" array of meals. This part is specifically

designed for people that are SCD veterans or someone who has completely finished Part 1.

The Plans are setup for 2,000 calories per day. This reference guide contains steps to alter the plan for your needs, as well as how to figure out how many calories you're going to require. Simply figure out how many calories you need and tweak the meal plan to your body.

Then sit back, relax, and follow the meal plans. There's a few recipes you might need included below (depending on which plan you chose), but in any case, use this reference guide if you run into trouble... or email us at jordanandsteve@scdlifestyle.com

Enjoy!

Chapter 1: Frequently Asked Questions...

How Do I Adjust The Plan For Different Calories?

The menu is laid out for an average of 2,000 calories per day. This was done on purpose because every individual's calorie requirement will differ slightly. Understanding your specific calorie requirements and how much you are eating is important to ease any fears surrounding weight loss, hunger and energy. For people who have a specific fear surrounding this issue it will be very reassuring in the beginning of the diet to know that you are eating enough calories.

The first step of this is to determine approximately how many calories you need. The quickest and easiest way to do this is by using online calorie calculators. Please note that these calculators are only an estimate and have built in variance usually between 10 and 20 percent (This means you will most likely have to test eating 200-600 calories more or less than what the websites tell you). Below are several useful calculators entering you stats into several and taking the average is the best approach:

http://www.freedieting.com/tools/calorie_calculator.htm

<http://weightrainer.net/MRcalc.html>

http://www.my-calorie-counter.com/calorie_calculator.asp

After you've established an approximate range of your calorie needs, such as 2,200 calories, the next step is to weigh and measure your foods and record them in a journal (or get a free account at <http://www.fitday.com>). The best way to do it is to buy a small food scale there is no need to invest in an expensive one unless you desire the cheapest available will do just fine. The goal here, once again, is not to measure every piece of food exactly but to get a good estimate to help you learn the difference between a 4 oz piece of meat and an 8 oz piece of meat.

I recommend that you try measuring and weighing your food for at least one week to get a better understanding of the portion sizes of natural foods.

Unless you want to keep going once you have a decent idea of the size and corresponding calories of a type of food you can stop this exercise. If at any point later in the diet you are looking to add weight or reduce weight it is useful to repeat this exercise until your goals are met.

This exercise may cause some fears for you for instance; for instance, say you realize that in the past several days you haven't met your estimated caloric requirement. If this is the case then modifying your approach such as eating more food at each meal, eating 4 to 6 meals a day, or upping your meat portion sizes usually helps. Remember that your stomach has been trained to receive a certain volume of food all your life (usually comprised of processed foods) which are significantly high in calories than a corresponding volume of natural foods. Most people can expect to have an adjustment period where they will feel like they are eating way too much natural food just because of the volume. Tracking your caloric intake is a way to reinforce the idea that you need to continue or even up the amount of food your are eating and alleviate any fears about wasting away or not getting enough calories on the SCD Diet.

If you are looking to add more calories to the meal plan try the following simple ideas:

- Increase meat serving sizes from 4oz to 6oz or 8oz per meal
- Add additional tablespoons of olive oil / coconut oil / butter / ghee to the meat after it's finished cooking

- Eat 5 meals per day, currently the meal plans contain 4 meals per day, just eat two of the same snack meals each day

How Do I Cook The Meat?

Always follow the preparation instructions in the meal plans. Broiling is pretty basic, just pre-heat the oven to 500° F and use the broiling pan (one comes with most ovens, so most people already have one lying around).

If it is warm out, grilling is a great option because it allows all those byproducts to fall onto the hot coals, and grilled foods taste great (a George Foreman grill is an option, however they are very small).

Using a crockpot to slow cook meats – such as the chicken soup – it's a great way to make a meal. Most meats can be cooked in a crockpot to make a stew concoction. If you prefer non-electric appliances, try cooking your food in a large ceramic casserole pot in the oven.

Baking and sautéing are very straightforward and allow for more flavor and creativity. The difference is in the amount of fat that you consume along

with the meat... which is perfectly fine if you're past the first week (or taking digestive enzymes).

When it comes to spices, use sea salt and pepper in the beginning... but after that begin testing new spices such as thyme, paprika, rosemary, basil, cilantro, parsley, etc.

How Can I Save Time?

I can't stress enough the importance of making enough food at dinner time so that you can pack your lunch to eat the following day. Taking the time to follow this pattern every day will allow the SCD to integrate seamlessly with your life. Cheating and mistakes happened when you're not prepared and do not plan ahead. **Bottom Line: Eat your leftovers for lunch the next day to save time and avoid unexpected cheating; make enough food the night before.**

When Can I Stop Pureeing In Part 1?

This is something to test after the first 14-days. In the plan, we provide 14-days of pureeing, but you may need to do it longer. Conversely, you might

be able to stop doing it sooner... but test it for four days and see how you react. In the beginning, it can really help you digest and easily absorb nutrients.

What Can I Substitute If I Don't Tolerate Something?

Oils: Look to healthy oils like coconut oil, olive oil, avocado oil, or nut oils.

Veggies: Start by swapping in the easier to digest veggies like squash, cucumber, zucchini, and pumpkin.

Fruits: Start by eating less of the fruit per day and see how that changes your tolerance. Next, start swapping in the fruits with a better sugar ratio near 50/50 like raspberries, blueberries, strawberries, and blackberries (all cooked and pureed).

The basic rule of thumb is four days. Try introducing one new item to your normal routine and eat it once a day for four days before you make an assessment about any changes. I have found that at times I notice a negative reaction relatively quickly – within the same day. But other times it has taken up to 4 days for me to realize, by tracking my symptoms, that the new food was negatively impacting me. Reactions you want to be cognizant of range from brain fog, sore throat, sinus drainage, headache, and severe

canker sores in the mouth, to diarrhea or constipation. You will notice symptoms like these now more than ever, because your stomach has been feeling better and you aren't so focused on it.

I can't stress enough that when you are trying something new, it is vital that the rest of your diet remains consistent with the go-to foods in which you're confident. If you deviate from this approach adding more than one variable at a time and have a bad reaction, it can be a mess trying to figure out exactly what triggered it. Each time you make this mistake it will set back your progress on the diet substantially. **Bottom Line: When your symptoms have stabilized, introduce new foods via 4-day trial periods.**

Chapter 2: The Meal Plan Recipes

The Chicken Soup

(recipe makes 20 – 1cup servings)

Hour 0: Let's get the chicken soup started.



- Take out your slow cooker and dump in the 2 lbs. of chicken thighs and legs, skin and all.
- Grab 10 carrots and peel them. To peel the carrots hold them on one end and run your swivel peeler down the length of the carrot to remove a thin layer. Slowly rotate the carrot 360 degrees and peel around the carrot until you have done the entire surface. Switch the end you're holding and finish off the part where your hand was before.
- Cut the discolored part off each end.
- Drop the 10 carrots into the slow cooker.



- Sprinkle sea salt all over the carrots and chicken parts
- Fill the slow cooker $\frac{3}{4}$ full with water
- Set the slow cooker on high for 4 hours and write down what time you started it!

Hour 1.5:

- Stir your chicken soup.

Hour 3: Now the chicken soup has been cooking for 3 hours and needs some maintenance. We're going to remove the parts of the chicken we don't want.

- Get out a plate and some tongs.
- Pull out each piece of chicken one at a time, and use a fork and a knife to scrape the skin off the chicken.



- Once the skin is cleared, cut all the chicken off of the bone and dispose of the skin, bones, and cartilage.



- Add the chicken meat back into the soup.
- Stir everything well.

Hour 4: We're going to remove the fat from the soup. It is hard to digest and not necessary for the Intro Diet.

- With a fine strainer or spoon, skim off the layer of fat that is forming on top of the soup (you may just notice it as a different color or that it looks like bubbles on top of the water). Do this twice to remove as much fat as possible.

- Let the slow cooker run on high for another hour just to get everything nice and broken down.

Hour 4.5: Now it is time to puree the carrots that have been cooking in the slow cooker.

- Take a fork and stab the carrots that are boiling. If they are ready, the fork should pierce through with no problem and almost make the carrot fall apart if you try to lift it out. If they are not done, let them cook for another half an hour and keep checking. Otherwise it's time to puree everything.
- Pull out all the carrots from the chicken soup and put them on a plate.



- Fill your food processor about $\frac{3}{4}$ of the way with carrot chunks.
- Add about a $\frac{1}{2}$ cup of water to the food processor (it helps break down the carrots).

- Run the food processor for about a minute until you don't see any more chunks left.
- Add the pureed carrots back into the soup and stir it up really well.

Hour 5: Your chicken soup should be all set to go at this point.

- You can always leave it on low for a couple more hours to make sure everything is cooked well, or just unplug it and put the container in the refrigerator. A fat layer will magically appear overnight which you can strain in the morning (it will be a solid white layer on top of the soup and very easy to scoop/strain out).



SCD Legal Pancakes (Almond Flour)

(1 serving = 1 – 4” diameter pancake)



Ingredients:

- * 1 cup almond flour
- * 2 eggs
- * 1/4 cup carbonated water (sparkling water)
- * 2 Tablespoons of coconut oil
- * 1/4 teaspoon salt
- * 2 Tablespoons of honey



- Mix everything up in bowl really well (like 5 minutes longer than you think you should) we don't want any clumping and we want to make sure the oil, salt and honey are evenly dispersed. Heat up some

coconut oil on a griddle or if you're underprivileged use a pan like I do heated to medium heat.



- Really make sure that everything is mixed well, it is so important!

A little tip I've learned is if your coconut oil is solid like mine in the picture, put the 2 tablespoons into a shot glass and microwave until liquid.



- Yes that is double shot glass, in case you were wondering

I use a 1/4 measuring cup to spoon out the batter as I've found it gives me about the maximum size for flipping these suckers. Which I will admit is mostly luck, some skill and whole bunch of patience. The

recipe makes about 6 – 4 inch pancakes depending on how frisky you get with the measuring cup.



- Some bubble more than others, but look for the browning around the edges
- Knowing when to flip is bit harder as they don't really bubble like wheat pancakes so just check for browning and then go for it. I use a fish spatula because it's thinner than most and I can sort of scoop under; pull towards me and then flip. So it is less of a flip and more of slow turn over (not to the side over the top). The best part is if you splatter batter everywhere just scrap it back onto the sides of the pancake most people will never know.



- Almost done! Remember if you have a "blow out" just scrape the batter back to the side of the pancake and no one will know

This pancakes taste so good to me that I eat them smothered in butter, no extra honey and I couldn't care less about not having any maple syrup. I hope you enjoy them as much as I do!



- Add Butter and Enjoy!

- For extra credit double the recipe up and then freeze half of it, they make the perfect SCD legal lazy or in a pinch food! They reheat in 2 minutes in the microwave and still taste awesome.

Breakfast Sausage Recipe

(1 serving = 4oz of sausage after cooking)



4 lbs. of ground turkey (or other ground meats chicken, pork, beef, veal, etc.)

3 tsp. sea salt

2 tbsp. water

2 pinches of thyme

2 pinches of black pepper

2 pinches of sage

2 pinches of cayenne

I roll the four lbs of ground turkey into a long tube on a pan, on foil. Then I add the water, salt, and spices. The important thing is to kneed the spices into the meat and then make it into a perfect log. Next wrap the foil around the log and poke holes throughout it. Bake it at 300 degrees for about two

hours and check the temperature. Cut them up into patties and freeze them for a great breakfast treat.

For a video on this recipe, go here: <http://scdlifestyle.com/2011/03/what-to-eat-for-breakfast-on-scd/>

SCD 24-Hour Yogurt

(1 serving = 1 cup)

Follow these steps and keep it simple:

Traditional Cow or Goat's Milk Yogurt Instructions

1. Pour 1 or 2 quarts milk (depending on what your yogurt maker will hold) into a large pot and start heating on low. Check the temperature every 15 minutes or so with the thermometer and stir the milk. Each time you check the milk, increase the heat until you reach medium heat. The idea is not to heat the milk too fast because it will scorch if you do. Once it reaches close to 180° F, turn off the stove (that temperature will assure that all the bad bacteria are killed off).

2. Remove the pot from the stove and allow it to cool slowly. Stir it occasionally and check the temperature. Once it has reached about 100° F, it is ready to go. This will take quite a bit of time! If you want to save time, cover the milk with a tea towel and allow it to cool for 15 minutes and then set it in cold or ice water (or the refrigerator) until the temperature goes down to 100° F or less.
3. Take 1 cup of the milk out of the pot and pour it into a new container. Add 1/8 teaspoon of the GI ProStarter for every 2 quarts (or equivalent of your preferred starter). Whisk the milk well so that everything is dissolved.
4. Add this back into to the original pot. Whisk the full batch well to ensure the starter is completely dissolved.
5. Pour the batch into the container for your yogurt starter.
6. In my case, I add 2 cups of room temperature water to my Yogourmet Yogurt Maker before I put the batch container in the unit. This allows the container to “float” in water and evenly distribute the heat.

7. Plug in your yogurt maker in an out-of-the-way area of your house where the temperature will not change during the fermentation (for instance, not next to the stove where you will be cooking).
8. Ferment for at least 24 hours and no more than 34 hours.
9. Unplug the yogurt maker and carefully place the yogurt batch container in the refrigerator for 8 hours. The yogurt has live cultures that are very sensitive to movement until everything is set up. Once it has set up for 8 hours stir gently and serve cold. It will stay fresh for 3 weeks however; the good bacteria will start dying after the 2nd week.

For pictures of how to make traditional stove top yogurt visit [Elaine's website here](#).

How to Save Time Making Yogurt

1. Pour 2 quarts of milk into a 2.5 quart glass bowl. Place the bowl in the microwave and heat on high for 10 to 15 minutes until the milk

reaches 180° F. Everyone's microwave will be different and it may take a couple batches to figure out your specific time but mine is 14 minutes. The first time you try this it is a good idea to heat it for 10 minutes and check the temperature to see if it is a bit low, then continue heating in 1 minute intervals until you reach 180° F (Note: You do not need to start over if you accidentally heat the milk too hot)



2. Remove the bowl from the microwave and allow it to cool uncovered but be careful as the bowl will be very hot. Stir it occasionally and check the temperature. Once it has reached about 100° F, it is ready to go. It usually takes around 1 to 1.5 hours to cool but this time will vary depending on your room temperature.



3. Once the milk has cooled, a separated layer of milk will have formed at the top of the bowl. This layer that will make your yogurt lumpy, so remove it by pouring the milk from the bowl through a fine mesh strainer and into the Yogourmet container. Discard any clumps that are caught in the strainer.



4. Add 1/8 teaspoon of the GI ProStarter for every 2 quarts (or equivalent of your preferred starter). Whisk the milk very well so that everything is dissolved.



5. In my case, I add 2 cups of room temperature water to my Yogourmet Yogurt Maker before I put the batch container in the unit. This allows the container to “float” in water and evenly distribute the heat.



6. Plug in your yogurt maker in an out-of-the-way area of your house where the temperature will not change during the fermentation (for instance, not next to the stove where you will be cooking).



7. Ferment for at least 24 hours and no more than 34 hours.
8. Unplug the yogurt maker and carefully place the yogurt batch container in the refrigerator for 8 hours. The yogurt has live cultures

that are very sensitive to movement until everything is set up. Once it has set up for 8 hours stir gently and serve cold. It will stay fresh for up to 3 weeks however the good bacteria will start dying after the 2nd week.

Can't Do Dairy? How to Make Non-Dairy Milk Yogurt

1. Pour 4 cups of water into a blender. Add 2 ½ cups of blanched almonds (or 2 ¾ cups of blanched almond flour) and 2 ½ tablespoons of honey. Set the blender at a low speed for 10 minutes.
2. Let the mixture settle for about 3 minutes with some gentle stirring.
3. Add room-temperature water until you have 2 quarts (half all ingredients for 1 quart).
4. Blend the mixture again for a couple of minutes and check the temperature. It has to cool to below 77° F to be ready for yogurt.

5. Add 1/8 teaspoon of the GI ProStarter for every 2 quarts (or equivalent of your preferred starter) and blend gently to ensure it is mixed.
6. Add the mixture to the batch container.
7. In my case, I add 1 ½ cups of room-temperature water to my Yogourmet Yogurt Maker before I add the batch container into the unit. This allows the container to “float” in water and evenly distribute the heat.
8. Plug in your yogurt maker in an out-of-the-way area of your house where the temperature will not change during the fermentation (for instance, not next to the stove where you will be cooking).
9. Ferment for at least 9 hours and no more than 12 hours.
10. Unplug the yogurt maker and carefully place the yogurt batch container in the refrigerator for 8 hours. The yogurt has live cultures that are very sensitive to movement until everything is set up. Once it

has set up for 8 hours stir gently and serve cold. It will stay fresh for 2-3 weeks.

How to Drip Yogurt to Improve Texture and Flavor

Dripping yogurt is a great way to improve the texture and flavor. It is very easy and can be accomplished using a coffee filter (or a cheese cloth), a strainer, and a deep bowl. I use an eight inch strainer and commercial coffee filters made by Bunn because they allow me to strain ½ of my yogurt batch at once (about 1 liter). However, if smaller batches are desired any size strainer or filter will work. For some reason I thought this process was more complicated than the steps below and I waited months to try it while eating soupy yogurt, trust me, it is as simple as outlined below and makes the world of difference in how SCD legal yogurt tastes.

It is worth noting that dripping yogurt does not remove any of the probiotic content, instead it helps separate out the water that is a byproduct of the fermentation process. Also, dripped yogurt can be used as a replacement for dry curd cottage cheese (DCCC) in the various SCD recipes. Alright, let's give it a try follow along below to get started.

- The first step is to get your strainer, bowl, and filter out and pour in the yogurt until it comes up close to the top of the filter



- The next step is to put the strainer setup back into the fridge and wait. If I'm making goat's milk yogurt I usually drip it for 6-8 hours and cow's milk for 2-4 hours. The longer you let it drip the thicker the texture will become.



- After letting it drip for several hours, take it out of the fridge and scrape the remaining yogurt from your filter into a new bowl. I like to use a spatula to scrape the yogurt off the filter. Dump out the fluid drippings and put in a new filter and you will be all set to drip your remaining yogurt.



Temperature Matters: Tips for Using Yogurt Makers

It is very important that the first few times you make yogurt that you use a thermometer to check the temperature of the yogurt during the fermentation process. If your yogurt maker is heating the milk too hot during the fermentation process, the beneficial bacteria will start to die. The optimal heat range for SCD yogurt fermentation is 100° F to 110° F. Paul Stocker over at Eatingscd.com found a very easy way to lower the temperature of your yogurt maker if yours is running too hot: [click here to read his article](#).

In short, most Yogourmet yogurt makers will run too hot, so the first time you make your yogurt it is very important that you check the water bath temperature 3 hours into the fermentation process and at the end. If yours is running hot don't despair. The yogurt you made will still be beneficial, just

not as good as it could be. The easy solution that Paul figured out is to buy a dimmer switch to adjust the power level of the yogurt maker. The next time you make yogurt, plug the yogurt maker into the dimmer switch and set the switch at slightly over half power. Check 3 hours in and adjust the dimmer up or down in an effort to try and reach the approximate optimal heating temperature of 105° F.



SCD Muffins (Right From BTVC)

(1 serving = 1 muffin)

Ingredients:

2 ½ cup blanched almond flour

¼ cup melted butter

½ cup honey

½ teaspoon baking soda

1/8 teaspoon salt

3 eggs

12 muffin tin for baking and muffin cups for easy removal

- The first step is to pre heat your oven to 350 degrees and start combining the ingredients. First add the eggs, honey and combine using a blender, food processor or by hand.
- Then combine that mixture with the almond flour. Continue blending until mixture is homogenous.
- Add in the butter, salt and baking soda making sure everything is thoroughly mixed.
- Spoon into muffin cups equally.
- Bake for 15-25 minutes or until muffins spring back when pressed with finger, check often (every 1-2 min) after 20 minutes as almond flour burns easily.
- Muffins will likely “fall” after cooling this is normal.
- TIP: depending on how many you plan to eat that week, you might want to split the batch in half and freeze 6 of the muffins.

Chapter 3: What To Do If The Plan Isn't Working

1) Take Digestive Enzymes

Digestive enzymes are another tool that will help aid in digestion of foods while your gut is healing. They can also promote cell re-growth within your intestinal lining. Talk it over with your doctor and make sure it is right for your situation. I take a GI ProHealth SCD-legal digestive enzyme called ProZymes available at www.giprohealth.com.

The biggest benefit from digestive enzymes comes from lipase, which helps break down fats. Many people tell us that they struggle with digesting fats in the beginning of the diet, most likely from the damage to their digestive system. So starting out with a digestive enzyme that includes lipase can dramatically improve your symptoms when you start the diet because it ensures that you aren't going to have trouble digesting fats. **Bottom Line: Do research, talk to your doctor, and try some digestive enzymes!**

2) Find Trigger Foods

You may have to continue tweaking and testing the meal plans to fit your body. There could be one specific food that is triggering your symptoms and it's up to you to keep testing them out. If at any point you're feeling worse for more than 2 days, it's time to look at what you're eating. Start with moderation... are you eating too much of one food? Then move on to testing specific foods by removing them for 4-days and seeing what happens.

Read this for more info:

<http://scdlifestyle.com/2011/03/what-to-do-when-the-scd-diet-isnt-working/>

Chapter 4: Conclusion

You will get better over time. Remember to always look back at how far you have come, not how far you have left to go. When you're having bad days, keep following the plan and relish in your accomplishments. It has been a long road and it will continue to be but you know you're going in the right direction. Your body will continue to grow and change over time, and you will begin to notice this very slowly. You will have little "ah-ha" moments when you realize you didn't think of your stomach today, or you didn't have any anxiety today, or you haven't had a headache in two months, or you sleep through the whole night – so many little things that are specific to your experience will improve that you will be shocked.

You will enjoy new options and the freedom to experiment as you heal.

This is a long-term investment for a healthy life... just take it a day at a time.

Don't concern yourself with how long you will be on the diet. Instead, keep your mind in the present, and just focus on all the cool new foods you get to experiment with at each phase.

I hope these plans I have shared with you will give you the confidence to take control of your health and experience a symptom-free life. You have all the tools necessary to get the job done. I don't want our relationship to end here. I want to begin forming a long-term friendship with you as you heal and grow the same way I did. Come visit us at www.scdlifestyle.com and let us know how things are going. We wish you the best ~

Jordan and Steve