



# *Quick Start Get Your 50*

Your Guide To  
Wellness

# Get Your 50 – Approved Food List

## 3 point approved foods

### Animal Protein

This is a list of animal proteins that can be used in 3 point recipes/meals. You'll want to stay away from highly processed meats such as deli meats, hotdogs, and spam. Just keep in mind that

moderation is key      Here's the full list.

Chicken	Turkey	Lamb	Buffalo	Venison	Beef	Duck	Goose	Bison
Eggs	Boar	Rabbit	Goat	Elk	Ostrich	Quail		

TIPS: Grass Fed, Organic, Hormone free options are by far the best. Jerky can be a quick healthy snack option.

### Fish / Seafood

This is a list of fish and seafood options that can be used in 3 point recipes/meals. You'll want to focus on sources with optimal ratio's of fatty acids, especially Omega 3's. Here's the full list.

Salmon	MahiMahi	Cod	Sole	Shrimp	Lobster	Crab	Clams	Oysters
Halibut	Mackerel	Sardines	Trout	Walleye	RockFish	Bass	Crawfish	
Scallops								

TIPS: Wild caught is best option. Try and avoid farm raised.

### Vegetables

All fresh or frozen vegetables unless otherwise stated (a few are listed in "2 point"). Organic is best option. Remember that it's generally recommended to get 50 servings of vegetables and fruits each week. Here is a list of more popular vegetables.

Asparagus	Avocado	Broccoli	Brussels	Cabbage	Carrots	Cauliflower
Celery	Peppers	Onion	all green leafy vegetables	Spinach	Arugula	
Squash	Zucchini	Eggplant	Garlic	Shallots	Sweet Potato	
Beets	Tomato	Cucumber	Radish	Pickles	Artichoke	
Okra	Ginger	Pumpkin	Leeks	Parsnips		

TIPS: If buying all organic is too difficult, remember this general rule of thumb. If the vegetable or fruit has thin skin, you should purchase organic. Thicker skin not as important. For example you should purchase strawberries and apples organic. Avocado not as important. This is due to pesticide exposure.

### Fruits

All fresh or frozen fruits unless otherwise stated (a few are listed in "2 point" section). Organic is best option. Remember that it's generally recommended to get 50 servings of vegetables and fruits

each week. Majority of the 50 servings should come from vegetables. Here is a list of more popular fruits.

Apple	Strawberry	Banana	Pineapple	Lemon	Lime	Raspberries	
Cantaloupe	Orange	Papaya	Kiwi	Peaches	Plums	Mango	Blueberries
Blackberries	Grapes	Papaya	Tangerine	Dates	Figs	Apricot	
Cranberries	Raisins	Grapefruit	Nectarines	Honeydew			
Cherries	Pears	Watermelon	Prunes	Pomegranate			

TIPS: If buying all organic is too difficult, remember this general rule of thumb. If the vegetable or fruit has thin skin, you should purchase organic. Thicker skin not as important. For example you should purchase strawberries and apples organic. Avocado not as important. This is due to pesticide exposure.

## Nut's / Seeds

This is a list of animal proteins that can be used in 3 point recipes/meals. You'll want to stay away from highly processed meats such as deli meats, hotdogs, and spam. Yes, you can still have

bacon. Just keep in mind that moderation is key      Here's the full list.

Almonds	Flax seeds	Chia seeds	Walnuts	Macadamia nuts	Pumpkin
seeds	Sunflower seeds	Sesame seeds	Cashews	Hazelnuts	Pecans
Pine nuts					

TIPS: Raw is usually the best option. You will want to avoid added sugars and salt. Nut Butters are an excellent healthy snack option.

## Oils / Butter

When choosing oils, it's all about healthy fats and optimal ratios of fats. Fats are your body's source of long term energy.

Coconut Oil	Extra Virgin Olive Oil	Macadamia oil	Grape seed oil	
Avocado oil	Ghee	Sesame seed oil	Fish oil	Flax seed oil
Sunflower seed oil	Walnut oil			

TIPS: When cooking with oils, it's important not to heat above the smoke point. If your dish starts to smoke on the stove, reduce the heat.

## Grains

Best to avoid grains altogether for numerous reasons. You can get mostly the same micro-nutrients from fruits and vegetables.

Steel Cut Oats	Quinoa
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TIPS: Yes, technically Quinoa is not a grain. But it's a great alternative if you're missing grains.

## Dairy & Dairy Substitutes

This is a list of dairy substitutes that can be used in 3 point recipes/meals/beverages. You'll want to stay away from highly processed and sweetened products.

Coconut Milk    Almond milk    Rice milk    Cashew milk    Hemp milk

TIPS: most nut milks are fine. You want to avoid sweetened products.

## Legumes

Legume is the fruit or seed of plants of the legume family. Peas and beans are the most commonly known legumes. They are generally high in protein and fiber. Enjoy some of the following as 3 point options.

Peas    Green beans    Lentils    Chick peas    Kidney beans    Navy  
beans    Alfalfa    Garbanzo beans    Black beans    Lima beans

TIPS: Hummus is a healthy snack option that you need to get on board with!

## Beverages

Most people should drink half their body weight (lbs) in ounces of water. For example: weight 200lbs = 100 oz of water daily.

Water    Soda water    All herbal teas    Green tea    Coffee    Wine\*

TIPS: Avoid using creamers, sugars (especially in tea), sweeteners, and flavoring in Coffee. 1 tbs coconut oil in coffee is awesome! Use a little honey with herbal teas. Please limit caffeine intake. This program allows for 1 glass of wine each night. You receive -1 point for each additional glass of wine. Beer and liquors are both negative points. 3 beers = -3 points. You really don't get points for drinks. You can only lose points. Subtract points from a meal

## Spices

This is a list of spices that can be used in 3 point recipes/meals. Spices will make or break an entire meal when we are talking about flavor. This program puts a huge emphasis on using numerous different types of spices and herbs. We obviously can't include every spice here, but we highly recommend to stock your cabinets with the following spices.

Basil    Cinnamon    Cumin    Paprika    Ginger    Nutmeg    Thyme    Oregano  
Rosemary    Chili powder    Curry powder    Sage    Garlic powder    Onion  
powder    Cayenne pepper    Bay leaf    Black pepper    Crushed red  
pepper    Parsley    Mint    Turmeric    Clove    Salt (Sea salt & Himalayan salt)

TIPS: You'll want to stay away from added salts and cream based sauces.

## Other

This is a list of commonly used items that can be part of 3 point recipes/meals.

Coconut aminos    Apple cider vinegar    Tahini    Cooking wines    Vinaigrettes    Hot  
Sauce    Honey    Maple Syrup

TIPS: Vinaigrettes are great options for salads

# 2 point approved foods

If your meal has any of the following options you receive 2 points for the meal. For example: If you're recipe has 4 ingredients from the 3 point section and only 1 item from the 2 point section, you still receive 2 points for that meal.

## Animal Protein

This is a list of animal proteins that can be used in 2 point recipes/meals. You'll want to stay away from highly processed meats such as deli meats, hotdogs, and spam. Yes, you can still have

bacon. Just keep in mind that moderation is key [Here's the full list.](#)

**Pork**   **Bacon**   **Turkey Bacon**   **Sausage**

TIPS: Yes, we understand bacon and sausage is derived from proteins in the 3 point list. These processed foods are higher in saturated fats and it's a good idea to keep to a minimum.

## Fish/Seafood

This is a list of fish & seafood that can be used in 2 point recipes/meals. Keep in mind it's generally recommend to consume 2 meals of fish each week. Here's the full list.

**Tuna**   **Tilapia**   **Shark**   **Swordfish**

TIPS: Wild caught is best option. Try and avoid farm raised.

## Vegetables

Not all vegetables are excellent options.

**Corn**   **White Potato**

TIPS: try and get a few different color fruits and veggies into your meals. Different colored fruits and veggies have different types of beneficial phyto-nutrients. We realize that technically french fries are a vegetable, but i'm sorry to say that we don't allow any fried foods with this program.

## Fruits

All fresh or frozen vegetables unless otherwise stated. These options are still worth 3 points. This section is more of an FYI: The following fruits have large amounts of fructose and it's generally best to avoid spikes in blood sugar. eat these in moderation.

**Prunes**   **Raisins**   **Dates**   **Pineapple**   **Pears**   **Banana**   **Watermelon**   **Apples**  
**Pomegranate**   **Mango**

TIPS: try and get a few different color fruits and veggies into your meals. Different colored fruits and veggies have different types of beneficial phyto-nutrients.

# Nuts / Seeds

This is a list of animal proteins that can be used in 2 point recipes/meals. You'll want to stay away from highly processed meats such as deli meats, hotdogs, and spam. Yes, you can still have

bacon. Just keep in mind that moderation is key      Here's the full list.

**Peanuts (not peanut butter)**

TIPS: 1 serving of nuts/seeds can be very different.

# Oils / Butter

Be smart about how much you use. Use in moderation only. Sorry no deep fried butter on a stick with this program.

**Butter      Ghee      olive oil (not extra virgin)**

TIPS: Butter from grass fed cows is best.

# Grains

Best to avoid grains altogether for numerous reasons. You can get mostly the same micro-nutrients from fruits and vegetables. .

**Brown rice      oats      Millet      Amaranth      Buckwheat**

TIPS: We still recommend that you try Quinoa, it's really good and a powerhouse food.

# Dairy and Dairy Substitutes

Plenty of options available for everyone to enjoy. You want your yogurt to contain "live active cultures".

**Butter      Ghee      Yogurt from grass-fed animals      Cultured yogurt      Coconut  
yogurt      Almond yogurt**

TIPS: You want to avoid most conventional yogurts that use natural flavors, preservatives, artificial sweeteners, and added sugar.

# Legumes

Most legumes are 3 point options. Please refer to the 3 point list for options.

**Peanuts      Edamame (not peanut butter)**

TIPS: Typically we recommend to avoid soy products. If you love soy sauce, we recommend trying coconut aminos as a replacement.

# Beverages

Options located in 3 point section.

N/A

TIPS: You really don't get points for drinks. You can only lose points. Subtract points from a meal.

# Spices

Options are in 3 point section

N/A

TIPS: Avoid pre-made sauces. Avoid added sugar and added salts in food products.

# Avoid these foods. -1 points per serving

If your meal has any of the following options you receive -1 point for per serving. Eat 4 servings of ice cream? You score -4 points! You can still enjoy these foods, but if you want to reach your goal, you must do so at minimum.

# Animal Protein

-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

processed meats   deli meats   hotdogs   canned meats   Spam

TIPS: Remember your goal is to get 50 points each week. This allows for 2-3 cheat meals per week.

# Nuts / Seeds

-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

Peanut butter

TIPS: Remember your goal is to get 50 points each week. This allows for 2-3 cheat meals per week.

# Oils / Butter

-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

Vegetable Oil   Hydrogenated oils   Trans-fats   Margarine   Shortening

Mayo    Canola oil    Corn oil    Soybean oil

TIPS: Remember your goal is to get 50 points each week. This allows for 2-3 cheat meals per week.

## Grains

-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

Pasta    Baked goods    Pastries    Cereals    Bread    English  
muffins    Muffins    Crackers    cream of wheat    High-fructose corn  
syrup    Pancakes    Processed snacks/desserts    Cake    popcorn

TIPS: Remember your goal is to get 50 points each week. This allows for 2-3 cheat meals per week.

## Dairy and Dairy Substitutes

-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

Candy    Cheese    Creamers    Cow milk    Cream cheese    powdered  
milk/creamers    pudding    frozen yogurt    ice cream

TIPS: Remember your goal is to get 50 points each week. This allows for 2-3 cheat meals per week.

## Beverages

-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

Sodas    Diet Soda    Fruit Juice    Energy drinks    Gatorade / other sport drinks    Fruit  
punch    High sugar beverages    see above list for alcohol

TIPS: Remember your goal is to get 50 points each week. This allows for 2-3 cheat meals per week.

## Sweeteners

-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

Acesulfame potassium    Aspartame    Sugar  
alcohol    Maltitol    Mannitol    Polydextrose    Saccharin    Erythritol    Glycerol    L  
actitol    Sorbitol    Sucralose    Xylitol

TIPS: Remember your goal is to get 50 points each week. This allows for 2-3 cheat meals per week.

## Other



-1 point for any of the listed foods in your meal. For example, if you have 4 items from the 3 point list and 1 item from this list. You receive a score of -1.

**Candy**      **Milk Chocolate**

TIPS: 1 serving dark chocolate per day OK (70% or above cocoa)



OPTIMAL = 3

ACCEPTABLE = 2

NOT ALLOWED = -1

BONUS = 1  
(30 MINUTES EXERCISE)



WEEK NUMBER

**BREAKFAST**

**LUNCH**

**DINNER**

**BONUS**

**TOTAL**

**MONDAY**

**TUESDAY**

**WED**

**THURS**

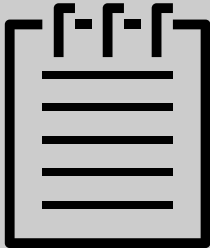
**FRIDAY**

**SAT**

**SUNDAY**

# "Get Your 50" Score Card Breakdown

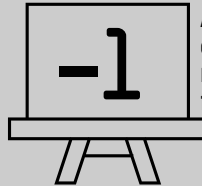
## Rules



- 3 food charts: each with a designated point of 3, 2, or -1.
- 3 daily meals only (9 points max)
- Bonus: +1 30 minutes exercise (1 max)
- -1 points for snacks or meals from "-1 food chart"
- Your goal: 50 points each week
- Place your score card on your fridge each week



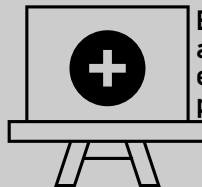
Optimal list of foods. Try to only eat foods from this list. Meals earning 3 points can only contain foods from this list



Avoid these foods. If you slip and eat something from this list, mark negative 1 on your score card. -1 for each serving.



Foods to eat in moderation. We know you get cravings, so we allow a little wiggle room.



Bonus points! Extra credit is always nice. 30 minutes of exercise gets you 1 bonus point. 1 point maximum each day.

**Your goal each week is to reach 50 points. That's it. No calorie counting needed! We will make this as simple as possible! It contains lists of foods to eat and which foods to avoid. Yes, we allow cheat meals! This program is very doable and well worth the effort. The program also contains recipes with pre-calculated points to help you reach your goal. Supplements are used to help bridge the gap, so you can reach your ultimate goal. An average day consist of 2 meals and 1 Nutritional Meal Supplement. Let us be your guide to help you become the best possible version of yourself.**

## Start Today!

You want to lose weight and get healthy? You know you have what it takes, but time and lack of quality information seems to prevent you from reaching your goals. The “get your 50” program is based on the simple fact that you need around 50 servings of fruits and vegetables each week. The guide is designed to help you achieve this goal. If you’re ready to finally make the changes needed to live a healthier life, you’ve come to the right place. Get excited and let this guide be your motivation to achieve optimal health!

This guide will walk you through the basics of the "get your 50" program. Your goal each week is to reach 50 points. That's it. No calorie counting needed! We will make this as simple as possible! It contains lists of foods to eat and which foods to avoid. It also contains recipes with points pre-calculated to help you reach your goal. Supplements are used to help bridge the gap, so you can reach your ultimate goal. Let us be your guide to help you become the best possible version of yourself.

## Disclaimer

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