

THE 3-, 5-, AND 7-DAY JUNK FOOD DETOX FOR WEIGHT LOSS AND BETTER HEALTH



JUNK FOOD FUNK

BY DAWNA STONE

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NUTRITION ICONS KEY: IF YOU'RE TRYING TO STICK TO A SPECIFIC NUTRITION PLAN, LOOK FOR RECIPES WITH THE ICONS LISTED BELOW.



GLUTEN-FREE

Free of gluten, a protein that is often found in wheat and grains



VEGETARIAN

Free of meat, fish, and poultry; may include eggs, dairy, and honey



VEGAN

Free of all animal products including eggs, dairy, and honey



DAIRY-FREE

Free of animal milk and milk products



WHEAT-FREE

Free of wheat products and wheat flour

» **FAT, EXHAUSTED, AND DESPERATE FOR CHANGE**

Do you feel sluggish, experience frequent headaches, crave unhealthy foods, have lackluster skin, suffer from poor sleep patterns, and/or find it difficult to lose weight? Are you constantly exhausted, stressed, or affected by brain fog? **If you answered “yes” to any of these questions, you may have fallen into a Junk Food Funk.**

At one time, I would have answered “yes” to all of the above questions. Although I was exercising regularly, I didn’t feel healthy. It wasn’t until I realized that the junk I consumed was keeping me from living my best life that I began to search for ways to make a change. I felt held back by excess weight, exhaustion, headaches, brain fog, and many other symptoms that I simply couldn’t explain.

At first, I didn’t really know how to describe how I felt. I visited my doctor several times and, although I could list off my symptoms, I never found an accurate description for what was truly going on. I then realized that the best way to summarize all the symptoms involved admitting to the doctor that I was in a “funk” or feeling “fucked up.” I felt horrible—completely “fucked up”—and I was desperate to feel better.

So what is this so-called funk, and what can you do about it? For me, the funk was tied to being out of balance and teetering on what could easily turn into a full-blown health crisis. Even though I frequently experienced headaches, craved unhealthy foods, felt stressed and exhausted, and had unexplained rashes, I still managed to get through the day. I knew, however, that my body couldn’t sustain this over a long-term period. Eventually all these symptoms (the funk) would catch up with me, and I would end up falling into a health emergency.

Heart disease, diabetes, obesity, high blood pressure, and cancer run in my family. I didn’t want to succumb to any of those diseases. I realized I was tipping the scale in the wrong direction, and I needed to change quickly if I intended to live a long and healthy life.

I had done enough research to know the junk food I consumed correlated directly with my symptoms; hence, I had the **Junk Food Funk**. The food I ingested didn’t allow me to operate at a high level—in fact, it was holding me back from the life I wanted and deserved. Simply put, my eating choices were making me sick.

As I did more and more research, I found concrete, scientific reasons for my symptoms. Digging even deeper, I soon realized the common cause of all my issues linked back to my junk food consumption. Although I chose to eat poorly, I realized I wasn't the only one to blame. Many giant food companies develop and widely distribute the junk food that was making me feel horrible, and they perpetuate the cycle by developing items that I (and other consumers) increasingly crave—boosting their revenues and profits while damaging my (and my family's) health and well-being.

Fortunately, as I discovered, there is a way out! Simply reducing junk food consumption can improve your health and eliminate many, if not all, of the symptoms I mentioned earlier. Unfortunately, junk food is highly addictive and, to overcome your addiction, you must go through a detox just like you would with drugs or alcohol. You need to get the junk out of your system before you can eliminate the funk and reap the benefits that healthy foods bring. Remove the junk, and you'll experience increased energy, restful sleep, reduced stress, improved digestion, vibrant skin, and weight loss, among a host of other positive changes.

You need to get the junk out of your system before you can eliminate the funk and reap the benefits that healthy foods bring.



Join me as I show you how to beat the **Junk Food Funk** and live your healthiest life!



Keep me in the loop on your junk food detox using **#junkfoodfunk** to share your updates!

CHAPTER 1

why junk food funk?

Junk Food Funk shows how a junk food detox combined with proven brain-based training techniques can suppress cravings for unhealthy prepackaged foods, help regain control of eating habits, and provide the tools to finally lose weight and get healthy once and for all.



Junk Food Funk demonstrates how detoxifying the body through a junk-free and wholesome diet can dramatically change how you feel—allowing for increased energy, more stable moods, deeper sleep, and fewer cravings. At the same time, this lifestyle also impacts how you look—leading to clearer skin, brighter eyes, and fewer wrinkles, along with countless other benefits.

It wasn't until I went through a junk food detox myself that I finally realized just how good I could feel. Once you learn how to rid your body of junk food and eliminate cravings for unhealthy, nonnutritious foods, you too will be able to experience the joy of living in a healthy body that's full of life and overflowing with energy. Plus, I'll share my firsthand experience and make it easy for you to get there.

The **Junk Food Funk** detox program provides everything needed to succeed, including easy-to-follow, day-by-day meal plans. The book includes eight simple-to-follow and proven brain-based training techniques to help kick cravings, retrain the brain, develop healthier habits, and take back control of your eating. The three-, five-, and seven-day meal plans combined with the brain-based training techniques equip you for success and help you get healthier while losing weight quickly and easily. The book has been divided into the following seven sections.

» SECTION 1: ALL FUNKED UP!

In section one, you'll learn how junk food affects our bodies and health—and how you can become so “funked up” that you no longer remember what it's like to feel good. Exhaustion, brain fog, sleeplessness, and dull skin become the norm, replacing your ability to experience an abundance of energy, lucid thinking, restful sleep, and bright skin. Junk food will be defined in more detail later, and I'll highlight the benefits of reducing or eliminating detrimental dietary choices. I also provide a quiz to help determine whether a junk food detox is right for you.

The three-, five-, and seven-day junk food detox programs will act as the first step toward a healthier mind and body. Symptoms like brain fog, acne, frequent rashes, restless sleep, headaches, constipation, extreme cravings, and low energy can be minimized or eliminated through such a detox.

» SECTION 2: JUNK FOOD'S HOLD ON US

In section two, I'll explore why you're not entirely to blame for your poor eating choices. The convenience of processed foods is partly responsible for "funking us up," too. Junk foods take both physical and mental power over us. In fact, studies show that such items act like a drug, making us feel helpless and unable to control our own food choices. Many emotional reasons exist explaining why you tend to reach for certain unhealthy foods and why certain items' scientific makeups have a direct impact on our emotional eating.

There is also a correlation between eating too much junk food and inflammation, nutrient deficiency, anxiety, depression, and diabetes, among other negative effects. Junk food may have a powerful hold over you, but you have the ability to change your brain and behavior.

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» SECTION 3: TAKE BACK CONTROL

The third section shares new information about how eating better can lead to craving healthier food. It also provides eight simple-to-implement, brain-based training techniques to help you decrease or eliminate junk food cravings. You will learn how to retrain your brain, leading to the development of new, more beneficial habits.

I will explain each technique in depth and help you utilize these powerful mental strategies to change your current eating habits.

» SECTION 4: THE PLAN

Section four contains three detox meal plans—the 3-Day Jump-Start/Beginner Plan, the 5-Day Intermediate Plan, and the 7-Day Advanced Plan. Thousands have found success while following my blueprint. These plans have been specifically designed to help eliminate excess junk food while increasing detoxifying foods. All three programs provide simple-to-make recipes and easy-to-follow daily meal plans.

The plans provide quick, noticeable results that will empower you to continue the program and create long-term change. The three-day jump-start reduces intense cravings. The five-day plan begins to lift the “funk.” And the seven-day plan goes one step further by promoting weight loss. By combining the mental training with the daily meal plans, you’ll experience optimal results.

» SECTION 5: THE SHORT-ON-TIME PLAN

Section five provides alternative plans for people with busy schedules who may not be able to prepare three meals plus a snack each day. These short-on-time meal plans contain some of the same recipes as the original plans, but with additional servings so you can prepare a meal once and eat it twice.

» SECTION 6: DETOX RECIPES

The sixth section houses the meal plan recipes. The dishes are quick, simple, and satisfying—you won’t feel like you’re being deprived or following a detox program. The recipes feature an abundance of nutrient-dense whole foods like fruits, vegetables, lean proteins, nuts, seeds, and legumes. In addition to breakfast, lunch, dinner, and snack recipes, you’ll find salad dressings so you can add variety to your meals. There is a bonus dessert chapter—my favorite! Although the detox plans do not include dessert, I want you to have some healthy sweet options once you’ve completed the detox.

» SECTION 7: JUNK FUNK FOR LONG-TERM SUCCESS

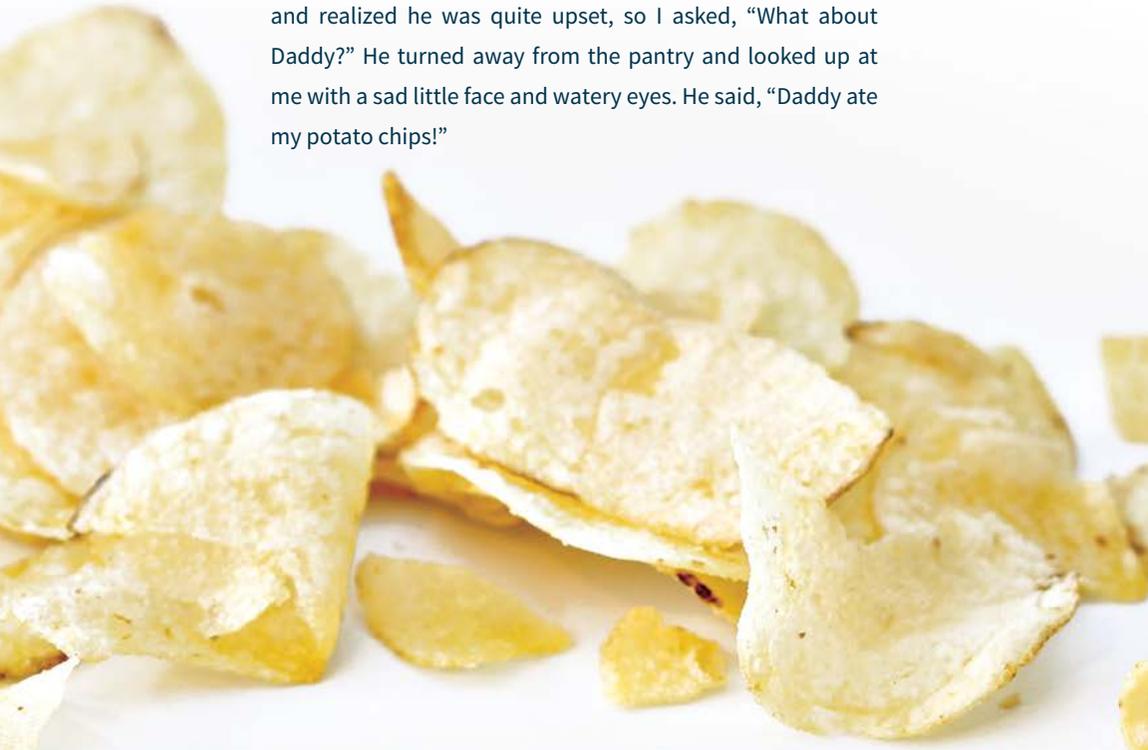
The final section provides 15 simple-to-implement tips to help you stay on track and experience long-term success.

This book provides everything you need to be healthier and happier. Let’s get started!

CHAPTER 2

we're all fucked up

I came down to my kitchen one weekend morning and saw my 6-year-old frantically going through our pantry. “What are you doing?” I asked. He replied, “Daddy!” I came a little closer and realized he was quite upset, so I asked, “What about Daddy?” He turned away from the pantry and looked up at me with a sad little face and watery eyes. He said, “Daddy ate my potato chips!”



I brushed aside my concern over the fact that potato chip breakfasts are definitely not one of our family's rituals and did everything I could to suppress a smile. "Luke," I said gently, "I will remind Daddy not to eat your chips." "OK," he replied, "But why don't you get Daddy his own bag?" I decided it wasn't worth explaining that Daddy actually had his own bag of chips, but after those had vanished, he had gone scavenging for more. I just couldn't bring myself to admit to my little boy that his father is a potato chip addict.

My husband never craves sugary treats like chocolate, cookies, cake, or other desserts. But if you step between him and a bowl of potato chips, you do so at your own risk. For him, chips are like a drug. If they are around, he will eat them—even if it requires stealing from his young son.

Personally, I couldn't care less about chips, but place a bar of chocolate or some chocolate chip cookies in my pantry, and they will quickly disappear.

For years, I felt weak for not being able to control my junk food cravings. How come I can't enjoy just one piece of cake or a single slice of pie? Why do I eat ice cream until I feel sick? Why can't I eat just a few Girl Scout cookies rather than the entire box?

But I finally had a realization: Junk food doesn't discriminate. It's not about being weak or lacking willpower. Young or old, rich or poor, highly educated or not—we're all susceptible to junk food taking hold over us and, consequently, making us feel miserable. I have a girlfriend who happens to be one of the most intelligent women I know. She's a neonatal surgeon at a top children's hospital. You would assume that someone of her intelligence level and medical background would have complete control over her eating and health, but even she struggles with junk food cravings. I've learned that her high-stress job and busy schedule can easily trigger an all-out junk food episode.

Junk food doesn't discriminate. It's not about being weak or lacking willpower. Young or old, rich or poor, highly educated or not—we're all susceptible to junk food taking hold over us and, consequently, making us feel miserable.

While eating lunch together, my friend confessed she had recently experienced a really stressful week at work; one night, after putting her kids to bed, she opened a large bag

of Cheetos. She felt guilty about this craving in the first place; logically, she knows the difference between a healthy, nutrient-rich snack and cheesy crunchy curls, but she just couldn't help herself. She then confided in me that she had polished off the entire family-size bag in one sitting.

I can't help but replay the visual of my super-smart doctor friend sitting in front of a huge empty bag, licking her orange powder-covered fingers. No matter how intelligent or successful we might be—and no matter how much one knows about health or nutrition—junk food can overpower us.

Most of us can relate to these comical stories, but the problem isn't only about sometimes making undesirable food choices; it's more importantly about how junk food makes us feel and its cumulative impact on our health.

Many of us have been “funky up” for so long that we don't even know what it means to feel normal or—better yet—to feel great. A junk food detox can help you get rid of the funk, regain control of your eating and improve your overall well-being. Imagine having an abundance of energy during the entire day, sleeping through the night, and feeling refreshed each morning when you awake, while also reducing stress and anxiety, eliminating cravings, enhancing your skin, and improving your digestion. These are merely a few benefits that come along with a junk food detox.

Junk Food Funk isn't about simply giving up certain foods. It's about providing you with the tools you need to help curb your cravings, make better choices, finally lose weight, and become more in control of your health and well-being.

This program is a real-food detox. It's not a liquid diet or an extremely restrictive regimen. It includes eating real, wholesome, great-tasting foods.

Although a detox can be a powerful tool with which to regain health and control weight, most people—myself included—can't fathom adhering to a strict detox diet (especially a liquid version, like many that are currently popular). This program is a real-food detox. It's not a liquid diet or an extremely restrictive regimen. It includes eating real, wholesome, great-tasting foods.

Junk Food Funk also addresses the underlying reasons we crave junk food. Why do I eat an entire pint of ice cream when I'm not even hungry? Why, when things are more stressful at my husband's work, does he plow through an entire bag of chips without even noticing? Why does a successful surgeon let a bag of crunchy cheese curls control her life? Additionally, **Junk Food Funk** goes one step beyond, combining detox meal plans with proven brain-based training techniques to reduce or eliminate those cravings.

We'll look at why junk food can be so addictive, citing top researchers like those at Princeton University who found sugar to be similar to morphine and heroin in the way it releases opioids that trigger the brain's pleasure pathways. We'll also explore how savory foods like chips and crackers have been formulated to expose our mouths to a specific feel and texture, keeping us repeatedly coming back for more.

Junk Food Funk provides an easy-to-follow, real-food detox program. Even though our cravings may not be entirely our fault, this book offers real-life, actionable tips to help eliminate those cravings, make wiser food choices, and—once and for all—regain control of our eating, lose weight, and feel great!