
5 IN 5



How to

LOSE 5 LBS

in

5 DAYS

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Is your health compromised with extra weight?

Is your reunion around the corner?

Are you taking a vacation next week?

Do you want quick and safe results?

Then keep reading!

Let me show you how to:

- Drop unwanted pounds and calm the inflammation in your body.
- Achieve success even if you tried before and failed. This is not “another quick fix,” but a roadmap for the beginning of your transformation.
- Take the first step toward your better health and slimmer body.
- Set yourself for success and celebrate **the new you**.

This short program has three parts. Do not skip any of them. I know, *been there, done that*. While I was struggling with weight myself, I used to skip the first few chapters to “get to the point” and start losing weight right away. I did a disservice to myself, because I didn’t set myself for success. My advice is: BE PATIENT WITH YOURSELF.

You didn’t gain all the weight in a few short weeks. You need time to transform your body. TIP: do not focus solely on the weight loss; focus instead on improving your health.

That will send a positive signal to your body; as opposite to focusing on diets; that sounds restrictive and constrictive.

FIRST PHASE: PREPARATION

In this phase, you will start preparations for your five-day, weight-loss journey. You will clean your pantry. Empty your pantry of all the trigger foods (sugar, wheat, dairy, soy, sugary drink). Donate it to the local Food Bank, and that will make you feel great; you will be taking actions toward achieving your goal while also being generous and helping someone in need.

Slowly, you will lower your:

- Daily coffee intake (if you consume) to one cup per day by Day 1 of the diet.
- Bread to one slice of sprouted whole wheat or sprouted multigrain (like Ezekiel), or if you can, no bread at all. You will get the best results with a gluten-free diet.
- Milk. You will consume only fermented milk (plain Greek yogurt, kefir, fermented cheese).
- Soy. Only fermented soy like miso, natto, tempeh.
- Sugar. You will be sugar free or very low sugar which will come from fruit, raw honey, high quality maple syrup, coconut sugar, etc.

Setting yourself for success: find a nice notebook (or, if you want to invest, buy a nice journal) and start journaling. Observe your thoughts, emotions and actions related to food. Practice mindfulness and be present when you eat. Turn off all the distractions (TV, phone, iPad, etc). Before every meal, take a few deep breaths. Chew slowly. Feel the taste and texture of the food in your mouth. Feel grateful you have your daily meals.



At the end of the day, write down at least three things you are grateful for.

Grocery shop with a plan. You will have the list of the food to buy. Don't buy anything else. Stick to the plan. You will find the list of groceries in the last chapter.

Create your own mantra, which you will be repeating throughout the day.

Here are a few mantras to help you: I AM WORTHY OF HEALTHY BODY. I AM STRONG AND COMMITTED AND I KNOW I CAN MAKE IT. I LOVE MYSELF, AND I AM TAKING A GOOD CARE OF MYSELF. Have fun with it.

Also, every day you will do a self-love meditation exercise. If you never meditated before, try it for a few minutes only. Here is how to do it: sit quietly in a chair (you can lie down, but preferably sit), spine erect. Feel your body, feel your feet on the floor, and breathe slowly and deeply. The easiest way to remember breathing is 4/4/4...inhale on the count of 4, hold it for 4, and exhale for the count of 4. Close your eyes and focus on your breath. Let go of every thought that comes to your mind. Imagine a beautiful bright light is washing over you, like a waterfall, filling your entire body and space around you; imagine the healing light washing away all your worry, pains, disappointments and hurts. It is washing away all the extra fat. See your body changing in the way you want. Notice how that feels. Embrace this feeling. The light feels warm, loving and beautiful. It is transforming your whole body. Send loving thoughts to your body; put your hands over your heart and thank your body for its great work, despite all the neglect you have done, and promise you will do the best you can do to take better care of



yourself. No judgment here; you did the best you could at any given moment. Now you know more, and you will do better.

I advise you to adhere to this practice and do it on daily basis. This way you are showing yourself and the Universe that you are ready, YOU do matter and are worthy of change; it will help you with healing your emotions.

Exercise: if you are exercising; great job! Keep it up. If you live a more passive lifestyle, start exercising. You can start walking for 15-30 minutes, depending on your condition. You can also try mild aerobic exercise, weight lifting, Pilates, dance, or yoga. Choose the one that resonates the most with you. You don't have to join the gym right away. Once you get into the habit of regular exercise, it may be one of your goals.

The best exercise for fat loss is HIIT (high intensity interval training), short but intense bursts of workouts.



SECOND PHASE: YOUR JOURNEY BEGINS



Every morning, you will have a glass of warm lemon water, adding a tablespoon of high quality apple cider vinegar (I prefer Bragg's) and a 1/8 of teaspoon of ginger and Cayenne pepper.

Basic principle: you will have two smoothies, one meal and two snacks per day.

You will be consuming bone or meat broth multiple times a day. You can have a few sips, whenever you feel hungry. The broth will help in repairing your gut lining.

Small amount of fermented food will be added to each meal to balance or rebuild your beneficial gut flora.

You will keep exercising. Strive for up to at least 30 minutes; the more the better.

Day 1

Start your day with a warm lemon water (all recipes in the last chapter).

After your morning meditation, you will make your smoothie. You can make your smoothies for the whole day, as long as you keep it refrigerated.

One coffee is allowed in the morning.

Three hours after breakfast, you can have your first snack.



Around 12pm or 1pm you can have your lunch; you can have another smoothie or your meal.

Three hours after your lunch, you can have your second snack.

Dinner: smoothie or your meal.

Overweight people frequently have gut problems (inflammation or/and leaky gut). The reasons are multiple: diets, unhealthy eating, stress, toxins, drugs, etc. In my case, this was the missing link. I was unable to lose ANY weight, despite diets and starving myself (but we know better, that starvation diets don't work; I would end up bingeing in the evening). I was undergoing dental surgeries for a period of time and was given antibiotics to prevent infection. That disrupted and decimated my beneficial gut flora. When I started healing and sealing my gut, I noticed a huge improvement in my weight-loss journey. I started losing weight, my energy level was soaring, and I felt great!! To heal your gut, you will be consuming bone or meat broth a couple of times per day. Also, you will add fermented foods to each meal.

After dinner, drink only water or mild herbal tea. Let your digestive tract rest during your sleep and let the body restore itself. Do not snack late in the evening.

Check in with your body and your feelings during the day. If you feel down, have low energy, and are losing your motivation, repeat your mantra a few times or do deep breathing or/and meditation.

If you feel hungry, and I assume you will, drink plenty of water or herbal tea. Ask yourself: what can you do to avoid compulsive eating? Being hungry is ok. In case it is unbearable, drink the broth, eat some veggies or a piece of low glycemic fruit (apple, grapefruit, orange).

Drinks:

Filtered water, coconut water, lemon- and cucumber-infused water, herbal teas.

RECIPES

1. Green smoothie (1 serving)

- 1 cup of almond milk or coconut milk
- Handful of greens (spinach, kale, chard)
- Handful of parsley or cilantro
- 1 scoop of high quality protein powder
- 2 tablespoons of freshly ground flax seed
- Fruit: one cup of blueberries, strawberries, one small banana
- Spices: ½ teaspoon turmeric and ginger
- If needed, you can add water
- Fat: half of avocado or 1 tbsp of cold pressed coconut oil
- 1 scoop of wheat grass powder



You can play with your smoothies, adding extras like: maca or acai powder, cocoa powder, or chia seeds. The options are endless, have fun with it!

2. Main meal: salmon (wild caught), chicken breast, turkey breast, eggs; all organic, pasture-raised, free-range.

Bone broth:

It is very easy to make and is very cost effective. You will need:

- 1.5-2 lbs of bones (chicken, beef or fish)
- Approximately 1 gallon of filtered water
- Salt

- 2 Tbsps of apple cider vinegar
- 2-3 stalks of celery
- One small onion
- 2 cloves of garlic
- Black peppercorn
- Parsley or cilantro (1/2-1 cup)

In a Crock Pot or soup pot, pour the water and add the bones and apple cider vinegar. Leave it around 30 minutes (the vinegar will extract minerals from the bones), and then turn the heat on. Boil it for few minutes while removing impurities on the surface with a large spoon. Lower the temperature and barely simmer for hours (chicken, 24 hours; beef, 48 hours; fish, 10 hours). In the last hour of cooking, add parsley or cilantro.

Strain the soup, place in glass containers, refrigerate some, and freeze the majority. Strive to drink at least one cup per day. The broth can be used in cooking as well.

Meat broth:

Prepare the same way as bone broth, no added vinegar and simmer half of the time.

Grilled chicken breast

Season with salt and pepper; serve with grilled zucchini and peppers (yellow, green and red). Sprinkle the vegetables with coconut oil and salt and grill until soft, but not mushy.

Grilled salmon with lemon slices

Season with salt and pepper, place lemon slices on salmon, and grill. Add a big, spring mix salad with a simple dressing.

Healing chicken salad

Cut baked or grilled chicken breasts in small cubes. Add finely chopped spring onion or leeks, one clove of garlic, a few finely chopped artichokes, a few capers, and half of avocado cut in small chunks. Drizzle with olive oil, then season with salt and pepper. Serve with steamed broccoli sprinkled with lemon juice.

Healthy and slimming crock pot meal

Place two bone-in chicken breasts in a Crock Pot, add 1 cup of bone broth, 1 jar of organic mild salsa, one leak finely chopped, one clove of garlic pressed, 2-3 stalks of celery chopped, and a handful of parsley (in the last 30 minutes); season with salt and ginger. Let it simmer for 6-8 hours. Serve with asparagus: sauté asparagus, 1 small onion and 2 cloves of garlic in a tablespoon of coconut oil until asparagus is tender.

Egg frittata

Scramble two eggs in a bowl. Add finely chopped spinach, onion, kale and peppers. Season with salt and turmeric. Bake in a slightly oiled pan.

Spinach salad with walnuts

Coarsely chop 2 cups of spinach, chop ½ of an orange, juice the second half of the orange, and add a handful of walnuts.

Kale salad

Coarsely chop 2 cups of kale, massage with salt (to break down the fiber), add 2 stalks of celery finely chopped, 1 leak finely chopped, 2 artichokes, 1 red and 1 yellow pepper. Sprinkle with olive oil and apple cider vinegar. You can add one teaspoon of stevia or a few drops if you have liquid stevia.

Snacks

Handful of nuts (walnuts, almonds, Brazilian nuts, pistachios), all raw and unsalted.

3-4 celery sticks with natural almond or peanut butter.

Apple (smaller)

Pepper (red, yellow, and green) with hummus

Hardboiled egg

Seasonings

You can use only: sea salt (Celtic salt) or Himalayan pink salt. NO table salt.

Oils: cold-pressed extra virgin olive oil, unprocessed cold-pressed organic coconut oil or nut oil.

Vinegar: raw apple cider vinegar (like Braggs), Umeboshi vinegar (made of fermented ume plum).

I like to use the liquid from the fermented vegetables as dressing.

Basic salad dressing: juice of a lemon, two Tbsps of olive oil and a pinch of salt, 1 tsp of raw honey. Blend everything well in a blender and enjoy!

Let me emphasize again: all fruits and vegetables have to be organic.

Animal products: organic, grass-fed, free-range.

Water: filtered, try not from plastic bottles if possible.

Coconut water is very beneficial, since it has electrolytes similar to our plasma. You can have 1-2 glasses per day. Also, fermented tea or kombucha is also good for you; you can have 1-3 glasses per day.

As I mentioned, add fermented food to your meals; sauerkraut (it must be refrigerated, not from the shelf in the grocery store), fermented pickles, fermented vegetables, kefir, kvas, kimchi, etc.

You can make your own sauerkraut; it's easy and cost effective.

Shopping list

1. Lemon
2. Apple cider vinegar
3. Ginger (powder or fresh root)
4. Celtic or Himalayan pink salt
5. Turmeric (powder or fresh root)
6. Salad green (kale, baby spinach, spring mix, arugula, dandelion)
7. Fruits: berries, oranges, grapefruits, bananas
8. Eggs
9. Vegetables: broccoli, cauliflower, Brussels sprouts

10. Celery
11. Mushrooms
12. Avocados
13. High quality protein powder
14. Flax seeds
15. Nuts: almonds, walnuts, pistachios
16. Chicken, beef, salmon

PHASE THREE: LONG-TERM TRANSFORMATION

After you completed the “jump start,” extend your intention to a long-term transformation where:

- you will end cycles of yo-yo dieting once and for all
- achieve the body you always wanted
- transform your health
- have skyrocketing energy



To find out more visit www.ihbhealthandwellness.com



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My mission is to create healthy communities through education, workshops and coaching programs.

Disclaimer: this material is intended to be used solely for education purposes. My goal is to support you on your weight-loss transformation. I have no intention to diagnose or treat diseases nor give medical advice. In case you are having a medical condition and taking medications, you have to consult with your physician.